

UK cruise passengers stranded in Madeira

A passenger ship is being held in Madeira's Funchal Port, ordered to stay in dock by police following a financial dispute between the cruise line and companies to which it allegedly owes money. (See p. 72)

Drinking age drops

The average age at which children start to drink alcohol in Portugal is 13, it was revealed this week. If the act of drinking becomes systematic until adulthood, the risk of dependence rises 50 percent. (See p. 6)

Diet pill ditched following fears

Three months after it was introduced to the Portuguese market via intense publicity campaigns, the dietary pill Depuralina has been suspended by the National Health Board (DGS) over health concerns. (See p. 9)

Battery recycling charges ahead

In 2007, battery recycling company Ecopilhas collected an additional ten percent of batteries in relation to 2006. (See p. 14)

Violent crimes down in 2007

The Government last week announced a 10.5 percent fall in violent and serious crime and a stabilisation of reported crimes in 2007 in comparison to the previous year. (See P. 6)

Seven day weather outlook

Lisbon: Summer is not here to stay. After temperatures in the mid-20s this weekend, rain will return for much of next week and thermometers will drop to 17° and 18°. **Faro:** The Algarve will see rain return next Tuesday, though it should be mostly in the shape of scattered showers. **Oporto:** after a sunny weekend, rain will dominate this coming week with temperatures dropping to 15°.

Communicate easily and inexpensively.
see page 33

READER OFFER:
Special Health Insurance
see page 39

Home Insurance
underwritten by Lloyds of London
see p. 32
up to 40% off

Madeleine Update
see p72



Only two days after easyJet took over the routes operated by GB Airways, BA announces new routes between Faro and Gatwick

BA MAKES FARO COMEBACK

Only last October, low-cost flight operator easyJet was celebrating after having apparently strengthened its position in the increasingly competitive Portuguese market after buying GB Airways. **BA, see p.59**

Not just hot air



Despite a rather tricky start due to less than desirable weather conditions, the national hot air balloon crossing has been said by organisers to be going very well. The balloons, which are crossing the country in a number of stages, have already hopped in and out of Ponte de Lima, Oporto and Coimbra, and, over the next few days, will continue to head south, passing through Santarém, Reguengos de Monsaraz, and Beja. So far, the crossing is being led by the 'Uli Krahoubuhl' team; the only American team participating in the international event. (Photo: Lusa/Paulo Cunha)

Portugal says Harare opposition has 'won cause' in elections



Zimbabwe's opposition has "won its cause", making "very significant advances", in last weekend's general elections, Portuguese Foreign Minister Luís Amado said this week.

"Independently of the final result, I believe (the opposition) has won its cause and that it'll be very difficult for the ruling party to withstand it", Minister Amado told journalists on the sidelines of a NATO summit in the Romanian capital, Bucharest.

He expressed hope that Zimbabwe would maintain "internal stability without conflicts or violence" while awaiting the announcement of official final re-

sults from last Saturday's presidential and legislative elections.

Stability for the country depended in great measure on pressure from the international community, especially from the Southern African Development Community (SADC), he added.

Luís Amado's comments came shortly after the official announcement in Harare of nearly complete results from the legislative ballot showed the opposi-

tion Movement for Democratic Change (MDC) had dethroned President Robert Mugabe's long-ruling ZANU-PF party in parliament.

The MDC also claimed a first-round victory for its leader, Morgan Tsvangirai, in the presidential vote against Mugabe while on Thursday, Zimbabwe continued to wait for the announcement of delayed official results in that race. *TPN/Lusa*

Portugal opposed to US plan for rapid Ukraine, Georgia NATO membership

Portugal opposes US moves towards taking immediate steps to bring former Soviet-bloc states Ukraine and Georgia into the NATO alliance.

"We have reservations about an immediate accession or the granting of a statute for the accession process" to Kiev and Tbilisi, Prime Minister José Sócrates said Wednesday on arriving in the Romanian capital for a NATO summit.

"We think this process is developing and it should take its time without precipitation", Prime Minister Sócrates added, referring to US President George Bush's calls in Bucharest for NATO to grant Ukraine and Georgia so-called accession Membership Action Plans

(MAP) despite Russia's vehement opposition.

Like Portugal, Germany and France have also indicated they are against any early moves to bring the two Black Sea countries into the alliance at the risk of "poisoning relations" with Moscow.

On arriving for the two-day summit, that opened formally on Thursday, José Sócrates reiterated Lisbon's plans to re-enforce its NATO contingent in Afghanistan with the deployment

of a Hercules C-130 plane, and of a second 15-member team to help train Afghan troops.

"We are very engaged in the success of the NATO operation in Afghanistan, because this is fundamental for the credibility of the alliance", he said.

Meanwhile in Lisbon, the Navy confirmed a Portuguese frigate would participate in NATO exercises in the eastern Mediterranean next week. *TPN/Lusa*

Go-ahead given for ten new dams

Yesterday the Government approved requests for ten new dams, under a main national project to create more high-powered hydroelectric dams (PNBEPH), for which the respective applications should be fully passed by the end of this year.

Construction works are expected to commence in 2010, with public tenders to source contractors launched on Tuesday this week.

The PNBEPH project was approved in December last year and will imply investments of up to two billion

euros, one of which, for the future Foz Tua dam, will cost 340 million euros alone.

Dams will also take shape in Gouvães, Padroselos, Alto Tâmega and Daivões, representing investments of between 450 and 760 million euros.

The six municipalities comprising Alto Tâmega have already affirmed they will be in the running to construct the four dams, in collaboration with electricity company EDP.

It is hoped that the ten dams will be ready by 2015.

SUBSCRIBE

Please send me 52 editions of *The Portugal News*. I enclose my cheque made payable to THE PORTUGAL NEWS for Â67.50 (Portugal), Â135 (Europe) or Â210 (World Airmail).

Please debit my VISA credit card account with:

☐ Â67.50 (Portugal) ☐ Â135 (Europe) ☐ Â210 World

Nº Plus the security digits (the last 3 digits on the reverse of your card)

Expiry Date

Name

Address

Phone Nº

Please cut coupon and MAIL to: *The Portugal News*, Apartado 13, 8401-901 Lagoa or FAX to 707 941 201



Zimbabwean children sit on a wall covered with posters of president Robert Mugabe in Harare, Zimbabwe on Wednesday. (Photo: EPA/Bishop Asare)

Jet crashes into Algarve tourist's Kent home

A game of golf in the sunny Algarve has probably saved the life of a British holidaymaker.

Edwin Harman, 72, was on a golf course in the Algarve when the plane, carrying five people, collided into his house in Kent last Sunday.

He was informed of the accident after his friend's wife called and said a plane had clipped his home's roof. He did not believe it to be a serious incident until he switched on the television.

Despite hearing such upsetting news, he did not allow the

incident to spoil his holiday and remained in Portugal for his last day of vacation.

His wife, Patricia Harman, was en route back to their home, after returning from a separate holiday in Madeira, when the plane crashed. Edwin Harman told reporters this week, "I don't think about material things - I just think how lucky we were not to have been there".

The plane is believed to have suffered engine failure straight after take off, all five passengers died after the collision.

THE PORTUGAL
News



ANGLOPRESS
Edições e
Publicidade, Lda

Copyright © 2005 Anglo Press Lda and The News Group of Newspapers
Postal address: Apt 13 8401-901 Lagoa

Courier address: Rua Município de S. Domingos 1 Urb. Lagoa
Sol 1 Lote 3 r/c 1 8400-415 Lagoa

Gen.Tel: 707 500 655 Newsdesk Tel: 707 500 655

Sales Tel: 707 500 677 Classified Tel: 707 500 646

Gen.Fax: 707 941 201 Sales Fax: 707 942 053

Emails: info@the-news.net sales@the-news.net

Web: www.the-news.net

Distributed nationally by VASP

Member of



The Portugal News is owned and published by:
The News Group of Newspapers Inc. Depósito Legal Nº 80258/94
Printed by: MIRANDELA Gráfica, Lisbon
Print Run (Tiragem): 23,993

Publisher: Paul Luckman publisher@the-news.net
Editor: Brendan de Beer newsdesk@the-news.net
Production: Madeline Luckman copy@the-news.net
Journalists: Carrie-Marie Bratley
Tommy Broad
Raquel Salbany
Events: Nikki Hall
Preview: Sherry Hughes
Travel: Patricia Westheimer
Columnists: Gwynne Dyer
Correspondents: LUSA, Press Association
Photos: Gaby Rodrigues
Accounts: Rebecca Andrade
Classifieds: Maria Taylor
Subscriptions: Bella Talhadas 914 393 736
Sales Manager:

Area Managers:
Bella Talhadas 914 393 736 (Lisbon, Estoril, Cascais, Sintra)
Marilyn Holmes 914 863 604 (Alvor, Lagos, Praia da Luz, Aljezur)
Amanda Kock 912 583 182 (Carvoeiro, Lagoa, Portimão, Silves, S B Messines, Armação de Pêra)
Tom Chapman 912 583 188 (East of Albufeira - Ayamonte)

THE PORTUGAL
News

Pick up your copy at one of these outlets
Algarve P - V

PORCHES: Escola Internacional **PRAIA DA ROCHA:** Auto rent • Hotel Jupiter • Blue Water Yacht Services **PORTIMÃO:** Modelo **PRAIA DA LUZ:** Luz Doc • Quinta Paraíso da Mía • Parque Campismo Valverde **QUARTEIRA:** Hotel Vila Sol **SÃO BRÁS DE ALPORTEL:** Intermarché **SILVES:** Camara • Galp Silves **TAVIRA:** Riverside Bar & Restaurant • Hotel Vila Galé • Marrachino **VILAMOURA:** Pingo Doce • Marina Vilamoura • Garvetur • Shakespeare's • Auto Rent • Budget Car & Van Rental • Hotel Pedro Golf • Silver Holidays • Tee Times Golf

Prestige

CLIENT

YOU'VE FOUND
YOUR PLACE,
WE'LL MAKE IT
PERFECT.

Non Residents in Portugal

In a perfect world, you wouldn't have to pay for your **debit card**, or your **credit card**. In fact, you wouldn't pay for **cheques** or **transferring money**. In a perfect world, you would have access to **free insurance** to protect you, your spouse and your children. In a perfect world, you would have someone who **speaks English** always available to advise you on your financial decisions and recommend the best mortgage loan for you.

Because we want to be part of your perfect world, Millennium bcp is inviting you to join the **Prestige Client** programme.

Come and meet us. Drop into a branch of Millennium bcp so that together we can make your world even more...perfect!

FREE MILES

By subscribing to TAP Visa Gold Card we will offer 15,000 miles and free access to TAP lounges in Portugal as well as free check-in in Executive Class Counters with an Economy Class Ticket!

Bonus Miles for your purchases – 1 Mile = 1€ of purchases
Additional Bonus Miles for every 5,000€ spent on the card-account per semester⁽¹⁾ – 1,000 Miles

Permission to fly!
15.000
Miles Offer



WELCOME GIFT

Let us welcome you as a new Prestige Client and offer you a free bottle of vintage Port⁽²⁾, a wine with history and tradition. Exclusive offer for new and existing⁽³⁾ Non Residents in Portugal who increase their assets by a minimum of 10,000€ and subscribe to the Prestige Client Program and are Prestige Debit Cardholders and Prestige Credit or TAP Visa Gold Cardholders.

FREE
1 BOTTLE
OF FINE
PORT WINE
VINTAGE



Prestige Debit Card - No annual fee ever for the First Cardholder; no annual fee for the first year for the Second Cardholder. No commissions on debits of withdrawals associated to the Prestige Debit Card in Portugal and remaining Eurozone countries. Annual fees of 7.50€ thereafter for the Second Cardholder. **Prestige Credit Card** (applicable to Security Version card) - No annual fee for the first year. Annual fees thereafter indexed to card account transactions. The annual fees of all card account cards are exempt if annual transactions exceed 12,000€. For non-exempt clients the annual fee for the First Cardholder is 70,000€ and for the Second Cardholder 35,000€. Nominal interest for the Prestige Visa Card of 21.19%, 12.00% for the Prestige MasterCard and 21.66% for the TAP VISA Gold Card. Credit cards without full repayment are subject to an interest rate charge - Prestige MasterCard Cards: 13.22% APR; Prestige VISA Cards: 24.40% APR; TAP Visa Gold Cards: 25% APR - and stamp duty at 0.04% (float exempt).

Cheques - 10 cheques per month (two blocks of 5 cheques) issued from Millennium bcp's self service machines. Stamp Duty of 5 cents (nr. 4 of the General Table) charged on each cheque is excluded.

Transfers - Unlimited free transfers in euros within Portugal and to other EU countries ordered through automatic channels (internet banking, automated Contact Center, ATM's, Millennium bcp self-banking machines and Mobile Banking). Transfer limits per channel apply. Internet and Mobile Banking up to 12,500€ (no limit for domestic transfers between Millennium bcp accounts of the same account holder); Automated Contact Center up to 1,500€ or 5,000€ whether they are extrajurisdictional other credit institutions or intrajurisdictional ATM and Millennium bcp self-banking machines up to 2,500€; Transfers to EU countries must indicate the IBAN and BIC swift of the beneficiary bank. Transfers within Portugal must indicate the BBAN (NIB). ATM, Millennium bcp self-banking machines, Automated Contact Center and Mobile Banking only allow transfers within Portugal. **Insurances** - Free Family Civil Liability Insurance and Home Emergency Medical Assistance Insurance (insurances associated with the Prestige Account). Insurance products are sold by Ocidental - Companhia Portuguesa de Seguros, S.A. Please consult the General Conditions of the various insurance products to complement the information provided in this page.

Mortgage offer - Illustrative Product for a 200,000€ mortgage for Non Residents in Portugal; property value of 340,000€; 30 year loan period; borrower of 35 years of age; nominal interest rate of 5.316% (3 month Euribor monthly average of the month prior to each interest counting, based on 365 days, rounded off to the thousandth - in January, 4.916% - plus a 0.4% spread); Annual Percentage Rate (APR) of 5.903%, calculated in accordance with Decree-Law nr. 220/94, of 23 August. Early repayment is subject to a 0.5% commission plus stamp duty. **The Prestige Client** account is free for Clients who fulfil one of the following requisites: Financial Assets/Balance equal or greater than 35,000€ or total credit equal or greater than 150,000€. The non-fulfilment of one of these requisites implies an account maintenance commission of 10€/quarter. Non Residents in Portugal that subscribe to the Prestige Programme until 31.12.2008 within the scope of this campaign are exempt from this commission until December 2008.

Banco Comercial Português, S.A. Public Company - Head Office: Praça D. João I, 28 4000-295 Porto - Share Capital 3.611.329.567 EUR - Unique Registry and Corporate Body Number 501525882. Tied Insurance Intermediary nr: 207074605 - Registration Date: 26/06/2007. Authorization for insurance intermediation in the Life and Non-Life insurance sectors of the Insurance Companies Ocidental - Companhia Portuguesa de Seguros de Vida, S.A., Ocidental - Companhia Portuguesa de Seguros, S.A. and Média - Companhia Portuguesa de Seguros de Saúde, S.A. Information and further registration details available at www.isp.pt.

(1) - Value calculated in accordance to the issue dates of the Card-Account statements. (2) - Limited to available stock. (3) - For current Clients, the increase in financial assets is compared to the financial position at 31st December 2007.

Millennium

bcp

Life inspires us

Chance for more active transatlantic relations, says Lisbon



Illinois Senator and Democratic presidential hopeful Barack Obama makes a speech about the United States economy in the Great Hall at Cooper Union for the Advancement of Science and Art in New York, USA, on 27 March. Photo: EPA/JUSTIN LANE)



The election of a new United States president later this year will herald new relations between Washington and the European Union and a more active role for Europe in the transatlantic alliance, Portuguese Foreign Minister Luís Amado said this week.

Minister Amado, speaking at a debate on Portugal's foreign policy, said Lisbon should prioritise transatlantic relations, taking advantage of the fact that Portugal is a country "at the heart of this relationship" between Europe and the US.

"The transition to a new admin-

istration (US) will bring new variables to transatlantic relations (...). The agenda must be renewed," said Portugal's top diplomat.

"It's the responsibility of Europe to strengthen its position within the alliance to have some leverage" and the 27-state bloc

must adopt an agenda that is "more positive and constructive with ideas and initiative, and less reactive and negative."

"Portugal can and wants to take some initiatives" aimed at forging a new partnership with (post-George W. Bush) America, added Amado.

TPN/Lusa

Enlargement of the Schengen completed as border controls are lifted at airports

On 21 December 2007, Estonia, the Czech Republic, Lithuania, Hungary, Latvia, Malta, Poland, Slovakia and Slovenia became part of the Schengen area. On Sunday 30 March 2008 at 0:00, the enlargement process was completed by the lifting of air border controls between these countries and with the 15 states that were already part of the Schengen system.

Vice-President of the European Commission, Jacques Barrot declared: "The dismantling of air border controls is the final step toward completion of a unique and historical achievement: 24 countries of the EU have no internal borders."

"The Commission pays tribute to those member states that have put in place state of the art security systems and special "Schengen terminals" at their

airports. The enlargement of the Schengen area demonstrates the EU's commitment to facilitating legitimate travel within and into the EU, whilst at the same time improving the security of Europe's external borders".

After the lifting of land and sea border controls, which took place on 21 December 2007, border controls at airports were lifted on Sunday including Estonia, the Czech Republic, Lithuania, Hungary, Latvia, Malta, Poland, Slovakia and Slovenia, and between these countries and the former Schengen members.

This time gap was foreseen to match the date for lifting air border controls with the bi-yearly changes to flight schedules at certain airports, therefore allowing for a smoother adjustment at the EU airports concerned.

People will now be allowed to

fly from one airport to the other within the enlarged Schengen area without any further formality. This will, according to the EC, have a positive effect, reducing queues and easing procedures for EU citizens and others when flying within the Schengen area. Obviously identity checks by airline companies will be maintained at the check-in and when boarding. The standard security controls applied to every flight, regardless of destination, will be maintained.

The lifting of the air border controls within the extended Schengen area follows the decision taken in November 2007, when Justice and Home Affairs Ministers concluded that the Schengen *acquis* criteria had been met by all candidate countries.

Gov't plans to bolster overseas Portuguese language programmes



Portugal's government, facing opposition pressure, has announced it will soon reorganize its overseas Portuguese language teaching programmes to resolve embarrassing missed opportunities and a lack of specialized teachers.

The State Secretary for Communities, António Braga, told the Lusa News Agency this week that the planned changes would "soon" meet the demands of Por-

tuguese expatriate communities and bolster cooperation with Lisbon's seven Lusophone partners.

The objective of the new policy will be "to respond to the perma-

nent and growing demand for the training of teachers and the supply of Portuguese language teachers", Braga said without elaboration.

The new policy, he added, would primarily target countries where Portuguese was being introduced into public school curriculums and which hosted large Portuguese expatriate communities.

Braga's comments to Lusa followed strong opposition criticism in parliament over the Socialist government's recent admission it did not have funds to respond to Venezuela's announcement it was setting up a Portuguese language pilot programme in several schools as a first step to favour Portuguese as the country's top-ranked foreign language.

Brazil, which along with Portugal is a senior member of the eight-nation Community of Portuguese Language Countries (CPLP), announced Monday it was ready to aid Caracas implement the pilot programme.

Opposition lawmakers from left and right criticised Prime Minister José Sócrates' administration in parliament on Monday for its acknowledged inability to respond to opportunities to promote and defend the use of Portuguese abroad.

A key objective of Portugal's foreign policy and of the Lisbon-headquartered CPLP is the promotion and defence of the shared language that is the official tongue of some 220 million people on four continents.

TPN/Lusa

Algarve Blessing

All Saint's Anglican Church can arrange your Wedding or Marriage Blessing in a superb, if not idyllic setting. We also have special arrangements with a Wedding Planner who can offer superb locations for your Wedding or Blessing Ceremony and celebration, which include a beach setting, beautiful gardens (weather permitting), a Pavilion or Marquee for larger groups. Plus other arrangements including transport, accommodation, catering, photography.

For more information please call
351 282 380 311
or go to
www.allsaintsalgarve.org

ANGELICAN CHURCH

PRIEST-IN-CHARGE: Rev'd Eric Britt

For only 60 cents we'll find your number

and we'll find it
within one minute!

from
fixed phones,
call boxes, mobiles
and mobiles on
roaming

**National &
International
Business &
Private**

**directory
enquiries
in English**

760 50 60 70

Monday to Friday
09:30 - 18:00

Depósito Abertura 11%

Abra uma conta e ganhe.

Chegámos a Alvor e queremos comemorar consigo.

Para celebrar, criámos um Depósito muito especial, com uma remuneração única. Os primeiros 150 Novos Clientes a abrirem uma conta e a constituírem um depósito, até 30 de Maio, beneficiarão de uma remuneração a 11% (TANB) por um mês, para um montante mínimo de € 1.000 e um máximo de € 50.000.

Venha visitar-nos na Estrada Municipal, 531,
Sítio de S. Pedro.
No Barclays, só tem de abrir e ganhar.

Mude para melhor.
Mude para o Barclays.

Barclays 24
www.barclays.pt
707 50 50 50

 **BARCLAYS**

Violent crimes down in 2007

The Government last week announced a 10.5 percent fall in violent and serious crime and a stabilisation of reported crimes in 2007 in comparison to the previous year.

Although having registered 2,587 less violent and serious crimes, 'carjacking' cases rose (365 to 488) as well as petrol station robberies (222 to 241) and thefts, 5,424 compared to 5,378.

Murders lowered substantially (194 to 133), rapes (341 to 306), jewellery shop hold-ups down to 98, bank robberies (139 to 108) and charges of assault with the intent to do grievous bodily harm (673 to 662) also registered a decrease.

Cases of juvenile delinquency last year dropped by 206.

According to statistics, 391,611 criminal cases were reported to security forces in 2007, representing a 0.1 percent rise.

"Any crime is one crime too many and it concerns us a lot. We cannot fight crime with numbers, but with measures" said the Internal Affairs Minister Rui Pereira upon the release of these figures.

For the first time ever, the Internal Safety Report included strategic guidelines and measures, predicting community security reinforcement an increase in police patrols, cooperation between councils and strengthening bonds with international organisations, among others.

EU authorises GM maize variant

The European Commission has adopted a decision authorising the GM maize GA21 for feed and food use and for import and processing. In fact, the placing on the market of food and feed produced from GA21 is already authorised in the EU.

The decision extends the authorisation of products derived from GA21 to maize grains and thus allows imports from third world countries where this GMO is cultivated.

GA21 is not however approved for cultivation in the EU. GA21 maize received a positive safety assessment from EFSA and underwent the full authorisation procedure set out under EU legislation.

As member states did not reach a qualified majority for or against this authorisation in the Standing Committee on the Food Chain and Animal Health, and then in the Council. The proposal was therefore sent back to the Commission for a decision.

The authorisation is valid for ten years, and any products produced from this GMO will be subject to the EU's strict labelling and traceability rules.

Battery recycling charges ahead



In 2007, battery recycling company Ecopilhas collected an extra ten percent of batteries in relation to 2006. In the four years it has been running over 61 million batteries have been collected, the company said in a statement sent to **The Portugal News**.

The distribution of battery collection units in Portugal started in 2004, and in that year alone, eight million batteries were collected. In 2005 the value sky rocketed to 17 million, a value equalled in 2006.

Portugal is the sixth placed country in the European Union for recycling such materials.

Managing Director of Ecopilhas says recycling "should not be seen as an effort, but as a

natural process integrated into daily routines".

At the moment, the biggest contributors are hyper/super markets and municipal entities.

Due to the dimension of the country, Portugal does not own a recycling plant for batteries.

Instead they are sent to an Austrian company Fernwärme Wien after the components are chemically separated in a plant in Resitejo.

Drinking age diminishing

The average age at which children start to drink alcohol in Portugal is 13, it was revealed this week. If the act of drinking becomes systematic until adulthood, the risk of dependence rises 50 percent.

This warning comes from Rui Tato Marinho, hepatologist, who is developing an awareness campaign for children who drink alcohol.

The specialist warns of the consequences that could result from drinking at an early age, such as binge-drinking, which is associated with other risks like road accidents, unsafe sex and violence.

Portuguese law allows children to start drinking at the age of 16, and Rui Marinho wants to demonstrate the consequences of excessive drinking to the younger community.

He points out that the risk of dependence rises ten percent a year until the age of 18.

GNR officers at their swearing in ceremony in Figueira da Foz last week. (Photo: Lusa / Paulo Novais)

We'll make it a very happy...

...Corporate Event

If you really want to impress and entertain your clients or staff, we are the people to talk to! We can organise everything from beginning to end, however large or small the event

...Children's Party

Children's parties are a speciality. Clowns, circus, entertainment, in your home, or at a venue. Talk to us about wonderful children's parties.

...Private Party, Anniversary, Birthday and more

We can supply entertainers, or organise the whole event for you, in your own home, or in very special locations, marquees, catering, you name it, we can make it memorable.

...Wedding

Have you ever dreamt about having your wedding reception and blessing in the beautiful Algarve? We can make it happen, and in style. Stretch limos, wonderful venues, outstanding entertainment, we have it all. Make the most special day in your life really memorable.

...Whatever

Whatever the event, we are skilled and knowledgeable organisers with a real flair for making any event really special. Whatever the budget, talk to us and let us show you what we can do to help.

If you can imagine it – we can organise it!

Tel: 914 599 933

STANDING OVATION

Contractors for the International Algarve Fair
www.standingovationalgarve.com

Condoms sold from cigarette vending machines

Braga is the first region of the country to make condom purchases easier, after a company, Rodriflex, decided to make them available via their cigarette vend-

ing machines. As well as making condoms easily available, they are also cheaper to buy, at €1.00 for a pack of three.

At the moment this initiative

is only being employed in the north of Portugal, with 500 machines selling over 10,000 packs, but the company hopes to soon reach the whole country.

Are you a British expatriate and confused about which taxes you are liable for in Portugal?

If you want to pay the minimum amount of tax in Portugal, reserve your seminar place now

Seminars *10th & 11th April*

Blevins Franks provides ONLY regulated and authorised advice. We have specialised in providing a combination of tax and investment advice to British expatriates for over 30 years.

Unique solutions for tax and private wealth

Thursday 10th April

ALMANCIL - Le Meridien Dona Filipa - 10.00 for 10.30am until 12 noon

CASTRO MARIM - Castro Marim Golfe - 4.00 for 4.30pm until 6.00pm

Friday 11th April

PORTIMÃO - Le Meridien Penina - 10.00 for 10.30am until 12.00 noon

Gavin Scott / SENIOR PARTNER

289 350 150 gavin.scott@blevinsfranks.com

Online booking is also available on our website



BLEVINSFRANKS

www.blevinsfranksinternational.com

President Silva challenges Portuguese expats to help re-launch Lisbon-Maputo relations



President Cavaco Silva and his wife, Maria Cavaco Silva dressed in local costume during a visit to the Mozambique Island as part of their official visit to Mozambique last week. (Photo: Lusa / Pedro Sá da Bandeira)

President Cavaco Silva, ending an official visit to Mozambique, has urged Portuguese expatriates in the southern African

country to become "active participants" in launching "a new cycle of relationship" between Lisbon and its former colony.

Cavaco Silva issued the challenge last week in Maputo at a meeting with the Portuguese community in the Mozambican

capital that capped his three-day visit at the head of high-level Lisbon government and business delegations.

"Today there's a much stronger will" on the part of Portugal and Mozambique to turn "excellent" bilateral political relations into stronger economic, business and cultural links, he said, reiterating a major theme of his visit.

Earlier last Wednesday, Cavaco Silva toured 16th century Portuguese historical monuments on northern Mozambique Island, a UNESCO World Heritage site since 1991.

He applauded Mozambican plans, backed by Lisbon, to create a new urban centre on the mainland in front of the small island to provide employment and homes for the island's overcrowded population of 16,000 to make room for quality tourism projects.

Accompanying the president, Lisbon's State Secretary for Foreign Affairs and Cooperation, João Gomes Cravinho, said Portugal would help finance projects for the future mainland town.

The so-called Millennium Village has received initial financing of 1.5 million euros over two years from the United Nations UNIDO programme.

Representatives of two Portuguese banks travelling with Cavaco Silva gave island authorities two 100,000 euro cheques to help repair damage caused recently by Cyclone Jokwe.

Carlos Queiroz, Manchester United's assistant coach who grew up near Mozambique Island, lamented "the state of degradation" into which the island had fallen, appealing to Lisbon to "firmly support" efforts to rehabilitate the historic sites that include a 16th century fort and churches.

TPN/Lusa

LUSOPHONE WORLD IN BRIEF

Exiled opposition chief slams threat by Kinshasa senate to strip him of seat

Congolese opposition leader Jean-Pierre Bemba, exiled in Portugal since 2007 after being forced to leave his country after fighting between his personal security detail and Kinshasa government troops, says he rejects a reported threat to take away his seat in Congo's senate due to his absence. Since arriving in Portugal last year, Congo's opposition chief has been living in his Algarve villa at Quinta do Lago, about 300 kilometres south of Lisbon, under tight security.

UNICEF voices concern after reported Mozambican sex trafficking of minors to SA

UNICEF on has expressed its "deep concern" at the plight of two Mozambican girls who were apparently enticed to South Africa earlier this year and used as sex slaves.

The alleged victims of child sex traffickers, aged 16 and 20 years, came to prominence last week when they told their story in a documentary broadcast by Mozambican state television, TVM.

Angola inks pact with N. Korea

Angola and North Korea have signed a pact to raise bilateral cooperation in areas including health, science and technology, agriculture, trade and industry, officials said.

Portuguese aid agency teaming up with Spain, Australia to boost Timor help

Portugal's IPAD aid agency will sign pro-East Timor cooperation agreements with its Spanish and Australian counterparts to bolster help to Dili, the Portuguese organisation announced.

Portuguese group to set up São Tomé eco-tourism environment training centre

Portugal's Gaia Biological Park have signed an agreement to build and operate an environment education centre in São Tomé and Príncipe to train islanders for eco-tourism development.

Zambia to ditch MidEast oil suppliers in favour of Angola

The Zambian government has said that it will begin buying oil from neighbouring Angola and other African states rather than its traditional Middle East crude suppliers, Lusaka media reported.

Lisbon official leaves Bissau after talks on Portuguese-language teaching, visa issue

State Secretary for Portuguese Communities António Braga said last Friday after a visit to Guinea-Bissau that he discussed ways of improving teaching of the Portuguese language in the West African state with local officials. The other item was an initiative to streamline the issue of visas for trips to Portugal, he added.

Portuguese defence chief confident of continued strong ties despite Maputo ministerial change

Portuguese Defence Minister Nuno Severiano Teixeira holds talks with his new Mozambican counterpart Friday, predicting that bilateral defence cooperation with Mozambique will "develop and strengthen" despite the government reshuffle in Maputo.

EU-US help set up Cape Verde anti-drugs rapid reaction naval team

The United States and four EU countries, including Portugal, plan to aid Cape Verde set up a rapid reaction team to fight international drugs trafficking through its territorial waters.

Guinea-Bissau: Anti-drugs police getting fingerprint training in Portugal

Six officers from Guinea-Bissau's Judiciary Police travelled to Lisbon at the weekend to undergo a six-week course in finger-printing techniques as part of Portuguese programmes to help its former West African colony fight international drugs trafficking, officials said.

Timor President criticises UN for security lapses during assassination attempts

President José Ramos Horta has criticised international and UN peacekeepers in East Timor for what he termed security lapses that facilitated the assassination attempts by rebel Timorese soldiers against him and Prime Minister Xanana Gusmão last month.

Passenger traffic at Macao airport up 6%

Macao's international airport recorded a 6% year-on-year increase in passenger traffic in the first quarter of the year, according to official figures.

Ruling parties welcome Bissau election date; seek to hobble President Vieira's options

Guinea-Bissau's leading parties have welcomed President Nino Vieira's setting of regular legislative elections for November and began moves in parliament to pre-empt any possibility the head of state could dissolve the legislature and name a caretaker cabinet to prepare the vote. In announcing the elections would take place November 16, Vieira hinted that he could disband parliament, whose regular mandate ends on April 23, and appoint a caretaker administration to oversee the countdown to the ballot.

RECRUITMENT OF AN ASSISTANT TO THE AMBASSADOR BRITISH EMBASSY, LISBON

The British Embassy is recruiting a personal assistant to the British Ambassador to start work in August 2008. The person selected will support the Ambassador in the day to day running of the private office and liaising with all sections of the Embassy and outside organisations.

This is a fast-paced, challenging and fully loaded job, at the centre of the Embassy. It offers good developmental opportunities. The core of the job is operational work: managing the Ambassador's busy and ever-changing programme. This brings the jobholder into contact with all parts of the Embassy and senior contacts in Portugal and the UK. The jobholder manages and works hand in hand with the assistant responsible for the Ambassador's events and social diary. He/she will also be liaising daily with the Ambassadors drivers.

In this job the right personality and competences are key. The jobholder will need to deliver results in a fast-moving environment, to be calm, focussed and flexible, to communicate effectively with contacts at all levels, and to think on their feet. Discretion, efficiency and thoroughness are essential. The jobholder needs excellent organisational and secretarial skills, to be able to cope with the large volume of important but minute detail while keeping the bigger picture in view.

The successful candidate will be required to pass a security clearance procedure.

Professional requirements:

- Fluent written and spoken English and Portuguese
- Good IT skills, particularly word and excel.
- Strong communication and teamwork skills
- Good interpersonal and organisation skills
- Pro-active self-starter able to work with limited supervision

Salary:

Employment will be on the basis of a fixed term 2 year contract. The minimum rate of pay for this position will be €1,457.43 paid 14 times per year plus a monthly meal allowance of €130.49, dependent on qualifications and experience.

If you want to apply for this position, please send your CV with a covering letter in English to Recruitment.MANAGEMENT.Lisbon@fco.gov.uk by close of play 11 April. Please include "Assistant to the Ambassador application" in the subject line.

Diet pill dashed following health fears

Three months after it was introduced to the Portuguese market via intense publicity campaigns, the dietary pill Depuralina has been suspended by the National Health Board (DGS) and swiftly removed from shelves after three cases of intense allergic reaction and traces of toxins in the victims' livers were reported.

All three cases occurred in the past two weeks, after the victims had taken the pill. The worst case of the three may be facing a liver transplant.

Hundreds of thousands of boxes were distributed throughout Portugal, the company responsible for their introduction and distribution now having ten days to remove them all completely.

Drastic action was instigated by the DGS just hours after the third case was reported, with "strong suspicions" the three cases are related to the ingestion

of the pill.

All three victims suffered anaphylactic shock (a severe allergic reaction which can be fatal), and toxic to the liver.

Anyone taking this pill, which is used predominantly for weight loss, is urged to stop immediately and contact their doctor should any changes to their health occur.

Depuralina was launched last year in Spain, being introduced to Portugal at the beginning of 2008.

According to DGS officials, its hasty suspension was brought on to "protect public health".

Ricardo Leite, technical director of DietLab and Dietmed, Viseu-based companies responsible for the distribution of Depuralina in Portugal, has said the symptoms reported could have been caused "by a glass of milk" and toxins in the liver can be detected whenever anaphylactic shock occurs.

Lung cancer kills ten Portuguese a day

Chairman of the National Association of Tuberculosis and Respiratory Diseases, Artur Teles de Araújo this week revealed that lung cancer kills around 3,500 people a year in Portugal.

"Smoking actively or passively is responsible for between 80 to 90 percent of lung cancer cases" said Teles de Araújo on the first day of the Lung Fair, which was held from Tuesday to Thursday in Colombo Shopping Centre,

Lisbon.

During the Lung Fair people can undergo tests for respiratory diseases.

The Lung Fair is intended to stress the importance of tracing diseases in the respiratory system during the early stages. "Tests are fundamental for an early diagnosis and consequent treatment, it is very important to detect it at a treatable phase" if it is a serious lung disease, said Teles Araújo.

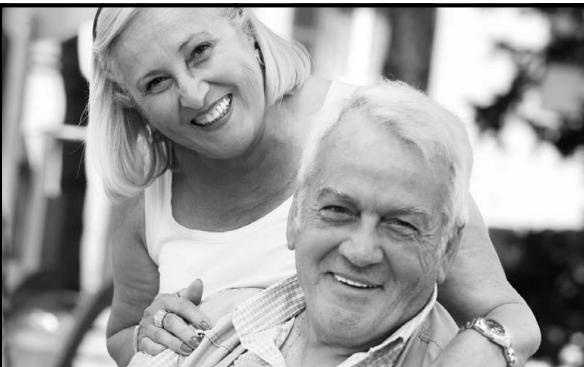
Lidl drops charges on pensioner

Lidl supermarket chain are not pursuing the trial accusing a woman of stealing hand cream worth €1.39, which she claimed she had forgotten to pay for.

The trial was set for Tuesday, but on Monday all charges were dropped and the case was dismissed.



The slimming supplement, Depuralina, which the health authorities have suspended on suspicion of side-effects having caused serious health problems. (Photo: Lusa / Paulo Cunha)



What if?

Make sure your loved ones don't have to cope alone!

What to look for in a funeral plan:

- ✓ The funeral you want is 100% guaranteed
- ✓ Security of funds via a trust fund
- ✓ Funds invested with reputable companies
- ✓ No hidden future costs
- ✓ Range of plans to suit all pockets
- ✓ Longstanding experience in Portuguese funerals for expats
- ✓ Complies with all financial regulations
- ✓ Guaranteed acceptance: no health or credit checks
- ✓ Discreet, sensitive and bi-lingual staff

The Portuguese way of funerals can often lead to misunderstanding and leave people confused at a time of distress, particularly when your family and friends are a long way from home. Will they know what to do, who to call? Planning ahead and making provisions with Golden Leaves will save this trauma of knowing who they can turn to and by planning ahead you can organise and arrange things according to your wishes.

Our secure, dignified and personal service will give you peace of mind in the knowledge that your funds are backed by our guarantee of trust.

Inflation Proof Funeral Plans bought at Today's Prices will Save you Money

For a free brochure contact our agent:

Lloyd & Whyte International

Tavira - tel. 281 325 842

Boliqueime - tel. 289 360 578

Email: portugal@lloydwhyteintl.com

www.goldenleaves.co.uk



Golden Leaves
Funeral Plans

Financial wrangle leaves cruise passengers stranded in Madeira



A passenger ship is being held in Madeira's Funchal Port, ordered to stay in dock by police following a financial dispute between the cruise line and companies to which it allegedly owes money.

The Dutch-owned 'Van Gogh' cruise ship was carrying 650 people on board at the time of being impounded by Madeira port authorities, 430 passengers and a crew of 220.

It had left Mindelo (Cape Verde) and was impounded in Funchal, Madeira on its way to Falmouth, UK.

Most of the tourists on board

(around 400) are British nationals, left stranded in Portugal's Madeira Islands after authorities refused to let their cruise ship leave port.

Port authorities on the island of Funchal told the Portuguese news agency Lusa they were awaiting a court ruling before allowing the ship to continue its voyage to Falmouth, England.

According to Lusa, the ship's operator allegedly had outstanding debts with suppliers.

Many of the passengers have opted to complete their journey by airplane, others remain on board.

As yet, the authorities have not disclosed a date as to when the ship will be free to continue its voyage.

Council powers and citizens' rights



On April 12th, specialist urban planning and strategy consultancy company UrbanLegal will be holding an 'open-to-all' conference at the Vila do Bispo auditorium, from 14h30 – 19h00, covering a number of topics including 'the powers of local authorities', 'council employees' responsibilities', and 'authorities' roles in the courts'.

Made up of highly qualified and educated professionals, UrbanLegal is an independent group of senior consultants, who provide services and assessments to councils, independent professional, builders, developers, town planners, and investors.

The group specialises in topics such as urban issues, administration and bureaucracy, the environment, property, economy, taxation, and evaluations.

They also cover regional urban planning, and project and investment management for the likes of real estate and tourist projects.

For more information, contact UrbanLegal on: (+351) 282 799 670/1/2, or 213 144 115.

Alternatively, e-mail: vitorcastro@mail.telepac.pt.

Portugal leads Angolan exports

Portugal remained Angola's chief supplier of imports last year, with a total of US\$1.52 billion, but Brazil and China are rapidly closing in on Lisbon's lead, according to preliminary data reported by Portuguese bank BPI.

A BPI study released last Thursday indicated Portugal continued at the top of Angola's suppliers, especially in sectors such as machinery, mechanical, electric and transport equipment, furniture, beer, metal structures, clothing and textiles.

Portuguese exports to its former African colony in 2007 have almost doubled in value since 2005, representing about 40 percent of all Luanda's imports from the European Union, the study said.

It noted that both Brazil and China greatly expanded their share of the Angolan market in recent years to now threaten the US position as Luanda's second supplier after Portugal.

In 2006 and 2007, China's exports to Angola rose by 140 percent and 39 percent, respectively,

while Brazil's increased by 61 percent and 45 percent, according to preliminary figures, BPI said.

The two countries' export totals to Angola last year each approached the US\$1.2 billion figure held by the United States, which saw its exports to Luanda slump by 17 percent in 2007.

BPI also noted that China's import of US\$10.6 billion worth of Angolan oil last year outstripped the US for the first time as Luanda's top market for crude.

TPN/Lusa

IRS 2007

Life's special (and not so special) situations

In addition to routine reporting of income and expenses, certain events may affect all of us at some time or another. Let's take a brief look at Life's Special (and not so special) Situations and the tax implications that may exist.

a) BIRTH AND ADOPTION
What impact does the birth or adoption of a child have on my tax situation?

In the year of birth or adoption, you are permitted a tax credit equal to 40% of the National Minimum Wage. (€403.00 X 14 = €4 836.00 in 2007).

What should I do first?

Parents should report the additional dependent to their employer so that adjustments can be made in withholdings from salary.

Are there any other tax breaks?
Yes. Medical expenses related to the birth are entitled to a 30% tax credit.

b) FIRST JOB
I am about to begin my first salaried job in Portugal. What do I need to do?

You must provide your employer with the following information:

- a) marital status
- b) number of dependents
- c) your spouse's earnings

With this information, your withholdings will be done correctly and you shouldn't have any nasty surprises at tax time.

I am starting my own business. Is there anything I need to do to get started?

Yes. Before you are permitted to start your independent business activity in Portugal, you must register your business.

a) This is done through the completion of a form called "Início de Actividade" at your local Finanças office via their computer system. You will also need to purchase an official Receipt Book ("Recibos Verdes").

b) Periodic declarations of "IVA", or Value Added Tax, are also required. If you gross less than €9 975.96 annually, you are exempted from IVA reporting. Otherwise, you must declare on a quarterly (or monthly) basis.

c) You will also need to register

at the local Social Security office. However, this is only required in the first month of the second year of your activity.

c) UNEMPLOYMENT
What are the tax consequences of losing my job?

Obviously, the first consequence is the loss of salary income and no further withholding at source. No income, no tax.

If you receive unemployment compensation, this subsidy is not taxed.

If you are still unemployed at the end of the fiscal year, you will need to report your earning up to when you lost your job. However, you may still take full tax deductions and credits for the entire year.

d) MARRIAGE
I got married last year. What impact does this have on my tax situation?

Soon following the ceremony, you and your spouse need to report the change to your respective employers to bring withholding up-to-date with the new situation.

Your IRS tax return will now be joint. However, on this single return, you will each report your earnings separately. Expenses are normally reported together. You will benefit from the "marital coefficient" which should reduce your rate of tax.

I have been living with my boyfriend now for the last 4 years. Must we continue to file separate returns?

No. Couples co-habiting together for over two years may file a joint return. This applies to homosexual couples as well as heterosexuals. You will most likely benefit from the "marital coefficient" in reducing your rate of tax.

e) SEPARATION AND DIVORCE
What tax changes occur in the year of divorce or separation?

The divorce/separation should

be reported to your respective employers to alter tax deductions at source.

Remember, it is your status on 31 December that determines your situation for the tax year. You should each file separate returns for both income and expenses. You should each report your individual share of any joint income.

f) DEATH
Upon the death of a spouse, what are the tax implications?

The death of a spouse must be reported in the tax return. The survivor submits a tax return, ticking the widow/widower box for marital status and reports the fiscal number of the deceased. Both incomes as well as deductions and credits need to be reported on the appropriate annexes.

In some instances, the estate may generate income prior to final resolution that will need to be reported as well. If there are complications or delays in the settlement of the estate, it is highly advisable to seek professional advice.

As of 1 January 2004, Gift and Inheritance Tax ("Sucessório") was abolished. Gratuitous transfers between immediate family members (spouses, children, grandchildren, parents and grandparents) are tax exempt. All others are assessed a flat 10% stamp duty on the transfer.

Dennis Swing Greene
Dennis Swing Greene is Senior Partner and International Fiscal Consultant for **euroFINESCO s.a.** Private consultations can be scheduled at our offices in Guia (Albufeira), Lisbon (Chiado) and, starting January 2008, in Funchal (Sé), Madeira. In the Algarve, call 289561333, in Lisbon, 213424210 or in Funchal at 291 221095. Our e-mail is: info@eurofinesco.com, or on the internet at www.eurofinesco.com.

What do you want from your website?



- A 'makeover' to bring an existing site up to date?
- A simple quick solution that won't cost too much money?
- A solution that allows you to make your own updates?
- A complete back office with reporting and management?

Whatever you are looking for, we can normally supply turnkey solutions to the highest standards at very competitive prices. From highly sophisticated sites with complete management solutions, to a simple good looking site to get you on the Internet at a price you can afford.

Let's get together - contact us today with your needs and we'll show you how we can help.



Apt. 13 • 8401-901 Lagoa
Tel: 707 500 677
email webteam@the-news.net
Affiliated with The Portugal News

THE PORTUGAL
News

Vale do Lobo doubles operational results



Vale do Lobo registered a record figure in operational results during the year 2007, totalling 30 million euros and representing a 100 percent increase in comparison with 2006. The objective for 2008 is, once again, highly ambitious with a predicted increase in operational results of 50 percent in comparison with the previous year.



Aerial view of Vale do Lobo.

The performance witnessed during 2007 reinforced Vale do Lobo's position at the forefront of luxury resorts in Europe and a leader in the Portuguese market.

The financial reinforcements secured during the previous year by the acquisition of the resort from a new group of shareholders – comprising national and international investors, including leading Portuguese bank; Caixa Geral de Depósitos, – enabled Vale do Lobo to implement a new management structure for the development and continuous improvement of the resort.

This growth was evident in all segments of the business, both at the level of results and in overall revenue. In fact, all segments of business within the resort achieved significant increases, with real estate (100 percent increase on results), golf (300 percent) and tourism (100 percent) experiencing the most significant results.

The substantial reduction in costs without affecting stand-

ards of quality was a primary objective of the new administration and successfully achieved during its first year.

For Diogo Gaspar Ferreira, Vale do Lobo's Chief Executive Officer, "The results achieved during the last year reflect the excellent service and exclusivity that Vale do Lobo offers within the tourism sector, and which have propelled the resort to the forefront of quality holiday destinations."

"Over the next few years, our greatest challenge is the expansion of the Vale do Lobo brand name into other markets, and of course, continuous innovation within the resort and the improvement of our facilities and services, which ultimately differentiate it within the residential and luxury tourism sectors", added the resort's CEO.

Covering an area of approximately 500 hectares, which includes 1,500 properties and two 18-hole golf courses, the first and largest resort in the Algarve has,

as a primary objective during the current year, to reinforce its position both in a national and international context through its brand name and in the develop-

ment of an ambitious international expansion plan.

The completion of these strategic objectives will be achieved by investing heavily in the improvement of infra-structures, in the rebranding of Vale do Lobo –

to be launched in May 2008 – and construction of a new luxury development within the resort - Vale de Santo António. The recently approved project at Vale Real will also be developed, including construction of a five star

luxury hotel, operated by a hotel chain of international prestige.

It is expected that provision for the expansion and development plans will be made over the next 5 years through the investment of 250 million Euros.

What risks is your money exposed to?

Savers and investors continue to face uneasy times. The banking sector is having a torrid time; the near economic outlook is hardly encouraging and stockmarkets are volatile. Cash and property have previously been considered 'safe havens', but not this time. Perhaps for the first time, some savers are considering moving money out of the bank, or at least spreading it over various banks.

You cannot remove risk completely, but you should do whatever possible to reduce the amount of risk your money is exposed to.

Banking risks

In order to keep pace with inflation your capital needs to grow. By the time you deduct inflation and taxation from your bank interest earnings there is little, if any, income left. If you withdraw the interest, the value of your capital reduces every year.

There are other risks involved in depositing the bulk of your savings in the bank. This is because the bank lends your money out to other borrowers (only paying you a portion of the interest it earns from it) - banks only need to keep a very small proportion of your money to hand.

Recent estimates have the total bad debt on banks' books as high as \$600 billion. Two months ago G7 finance ministers had it as \$400 billion. These are only estimates - the full extent is unknown, with banks owning up to as little as possible.

UK banks offer a depositor protection scheme whereby the first £35,000 of your savings (per institution) will be refunded should your bank be unable to return your deposit. This does

not apply to branches in the British offshore islands. The Isle of Man's protection scheme will refund up to £15,000, whereas Jersey and Guernsey offer no protection.

The old maxim of not keeping all your eggs in one basket therefore also applies to money in the bank. It may be sensible to spread your money out over different banks and/or move some of your capital into different locations and structures, ones which offer much more protection than you currently have.

Investment risk

Different investment assets carry different risk levels. The selection of assets in your portfolio, and the proportions of each, should be designed to result in an overall level of risk that fits your risk tolerance profile. Your financial advisor should have taken the time to establish your risk profile before making his investment recommendations.

Depending on how much exposure you have to equities, your portfolio may be suffering right now. You need to remember one of the key basics of investing – over the longer term equities will outperform bonds and bonds will outperform cash. If you invest in equities you should normally be prepared to remain invested long-term, and in this case your equity investments should recover over time. Unfortunately it is impossible to predict when the recovery will start.

In many cases it is advisable to remain invested – a temporary paper loss is preferable to an actual monetary loss should you sell your shares at a lower price than you bought them for. However, if you are concerned that your portfolio has shifted risk

level, or your circumstances have changed, you may need to review your portfolio. This is a good time to ensure you have adequate asset allocation and diversification to help your portfolio through the current uncertainty.

Taxation risk

Taxation reduces the amount of income and capital growth you receive. It also reduces the inheritance you leave your heirs. What matters is your after-tax return. A good investment return can be eliminated by inappropriate tax structuring so tax planning is even more important when the returns are lower.

Many people pay more tax than they need to. The latest TaxAction report by unbiased.co.uk has revealed that this year Britons will gift the taxman a record £9.3 billion this year by failing to plan their tax affairs. Of this, £1.9 billion will come from overpayment in inheritance tax. The survey shows that 82% do nothing to mitigate their tax burden.

Considering that you'll have worked hard for your money, you'll now want to structure your finances to work as productively as possible. Your main priority is to protect the value of the money you've made until now and usually use it to generate extra capital growth and/or income. To do so you need to reduce risk as much as possible – this includes inflation risk – and structure your finances to be tax efficient.

Blevins Franks will be discussing these topics and the potential solutions at our April seminars.

Bill Blevins, Financial Correspondent
Blevins Franks

Local in Touch Global in Reach

Fiscal Representation for Non Residents

Fact: By law, all non-resident companies and individuals owning a property in Portugal are required to appoint a fiscal representative.

"For just €195+VAT we can provide you with that peace of mind by dealing with all aspects of your obligations and ensuring you do not incur any penalties" Fact

Gibro Group

Gibraltar · Spain · Portugal

Av. José da Costa Mealha 34, Bloco B, 3º E/F
8100-501, Loulé · Algarve · Portugal

Tel: 00351 289 463 271 · Fax: 00351 289 463 277
Email: info@gbiconsultores.com

www.gibro.com

Another great "QUOTE" from the GIBRO GROUP

OFFSHORE COMPANIES · TRUSTS · FISCAL REPRESENTATION · MORTGAGES · TAX PLANNING

Licensed by the Financial Services Commission to carry on Business as Company Managers License Number: FSC 002348

Open Skies, a new era in transatlantic aviation?

On Sunday, the new EU-US Air Transport Agreement took effect. For the first time, European airlines can fly without restriction from any point in the EU to any point in the US.

"This marks the start of a new era in transatlantic aviation. This agreement will bring more competition and cheaper flights to the US," said Jacques Barrot, Vice-President of the European Commission in charge of Transports.

The agreement is the most ambitious air services deal ever negotiated, the European Commission said this week.

The two biggest aviation markets, encompassing 60 percent of world traffic, will cooperate closer in all fields of aviation policy.

In May 2008, the European Commission will engage in second-stage negotiations with the US.

"A fully Open Aviation Area between the EU and the US must remain our objective," adds Vice-President Barrot.

All EU airlines are now able to operate direct flights to the US from anywhere in Europe and not just from their home country. The agreement removes all restrictions on routes, prices, or the number of weekly flights.



A file picture dated 14 March 2008 shows armed police officers on patrol through Heathrow airport's new Terminal 5 in London. The long-awaited 'open skies' agreement between the US and European Union (EU) came into effect on 30 March 2008, aiming to open up transatlantic air travel. The deal ends limits on which airlines can fly between the US and EU, and it is expected to lead to a large rise in the number of carriers on the routes. (Photo: EPA/Andry Rain)

Many airlines will increase the number of flights and destinations on Sunday. Flights between London-Heathrow and the US, for example, will increase about 20 percent compared to April 2007.

With about 50 million annual

passengers between the EU and the US, the agreement covers by far the biggest international air transport market.

The removal of all market access restrictions will stimulate competition. Prices for transatlantic flights are expected to fall.

The benefits for consumers could reach up to €12 billion over the first five years. The agreement could lead to the creation of 80,000 jobs on both sides of the Atlantic.

For the first time, this agreement establishes closer coopera-

tion between the EU and the US to tackle new challenges, such as security and the environment. This will facilitate operations for airlines and airports and reduce hassle for passengers.

The cooperation is already delivering tangible results, for

example in the field of environment: The Atlantic Interoperability Initiative to Reduce Emissions (AIRE) is a joint project to reduce the environmental impact of transatlantic flights. Greener transatlantic flights will reduce emissions per flight.

Building on the success of the European internal aviation market, this agreement is an important first step towards the standardization of the international aviation industry. The ultimate objective of the European Union is to create a transatlantic Open Aviation Area: a single air transport market between the EU and the US with free flows of investment and no restrictions on air services, including access to the domestic markets of both parties. Therefore, the agreement that took effect on 30 March contains a strong mechanism for second-stage negotiations with a clear timetable, starting already in mid-May 2008.

The agreement was signed on 30 April 2007 at the EU-US Transatlantic Summit in Washington. It replaces 21 bilateral agreements between Member States and the United States with their nationality restrictions. Until now, EU airlines could not operate flights to the US from outside their home country.

World Telecom PC Clinic

At World Telecom we repair and maintain anything to do with a computer or network. We give I.T. support, servicing and upgrades and always offer a flexible approach to our customer's needs. And if you live in the Algarve, we can even collect your computer, repair it and deliver it back to you.

Our service is aimed at the home & business user requiring professional I.T. support at affordable prices and we pride ourselves on our "NO FIX, NO FEE" policy.

All our online and field support PC repair technicians are fully qualified and carry with them years of computer repair experience.

So if you have a problem with your PC, laptop or network, please give us a call. We will discuss the problem with you first and then offer you the most cost effective solution to suit your needs.

Call our Hot line today: 707 500 600



Your one stop clinic for PC's
Macs and
laptops



A name you can trust



- Quality hardware and software supplied
- Repairs without loss of data
- Software and Hardware issues resolved
- Upgrades and Technical jargon made simple
- PCs and Macs tailored to your specification
- Fully qualified English/Portuguese Technicians
- We beat any competitive quote in the Algarve

Economic sentiment recovers slightly in the EU

In March, the Economic Sentiment Indicator (ESI) rose by 1.7 points in the EU and de-

creased by 0.6 points in the euro area, to 102.0 and 99.6 respectively.

Following a continuous decline since mid-2007, the indicator rebounded somewhat in the EU on the back of a sharp improvement in services confidence in the UK. Meanwhile, it weakened further in the euro area and now stands just below its long-term average.

The increase in the sentiment indicator for the EU is due to significantly higher confidence in the services sector, while confi-

dence in manufacturing, construction and retail trade remained broadly stable.

In the euro area, sectoral developments were somewhat different, with confidence decreasing slightly in services and construction. Consumer confidence stayed unchanged in both areas.

At the country level, the picture is mixed, with around half of the countries registering a decline in economic sentiment in March, including Portugal, while the other half saw sentiment improve.

Euro jobless rate stable

The euro area seasonally-adjusted unemployment rate stood at 7.1 percent in February 2008, unchanged compared with January, Eurostat has revealed.

While the rate in Portugal stood at 7.5 percent, The EU27 unemployment rate was 6.7 percent in February 2008, compared with 6.8 percent the previous month.

Eurostat estimates that 15,970 million men and women in the EU27, of which 10,909 million in the euro area, were unemployed in February 2008.

Compared with January 2008, the number of persons unemployed decreased by 130,000 and 59,000 respectively. Compared with February 2007, unemployment was down by 1.5 million in the EU27 and by 0.7 million in the euro area.

UK restructuring aid package for Northern Rock

The European Commission has launched an in-depth investigation under the EC Treaty's rules on state aid into the UK authorities' package of measures to support the restructuring of Northern Rock, the UK mortgage bank.

The Commission received the notification of these measures on 17th March 2008. The opening of an in-depth investigation gives interested parties the possibility to comment on the proposed measures, but it does

not prejudice the outcome.

Competition Commissioner Neelie Kroes said: "The Commission needs to open a formal investigation into UK measures to restructure Northern Rock to ensure legal certainty, notably in view of the large scale of the aid measures, the background of current conditions in financial markets and the risks of distortion of competition. I look forward to continuing to work closely with the UK authorities and other parties during our investigation."

TAP pilot requests police back-up against unruly passengers



The pilot of a delayed TAP flight travelling between Terceira Island, Azores, and Lisbon, requested police presence on its landing at Lisbon's Portela airport following concerns that a number of passengers were overly irate.

TAP officials have blamed the Azorean Horta airport's cleaning staff for the three-hour set-back, claiming the aircraft was not ready or handed over on time.

However, the passengers, many of whom made official complaints upon arriving in Lisbon,

allege the cabin crew's attitude was 'aggressive' during the flight and that there were not enough meals to go around. A formal complaint also accused airport staff of being 'unhelpful'.

Airport officials have refuted these complaints, justifying that

all passengers were informed of the delay upon check-in, and that the only meals lacking were those of the cabin crew.

No incident on board was registered during the flight, though growing tension between passengers and crew led the captain, João Roque, to request PSP officers be on the tarmac for disembarking.

One of the passengers on board, which included a group of journalists, said a stewardess asked him if he "was looking to make problems during the flight", and accused him of "acting like a two-year old".

After requesting the presence of the head cabin crew member, the attendant's abruptness was put down to "inexperience" and "was having a bad day".

Regular Terceira - Lisbon commuters say flight delays are frequent.

After eventually landing at 22h50, three hours late, a number of passengers were kept on board for lengthy periods of time, most being escorted by police to collect their luggage, others spending until after 02h00 in the airport to fill out formal complaint papers. Many missed connecting transport and were forced to spend the night in the city, paying for their own transport and accommodation.

Apparently, no passengers have, as yet, been compensated.

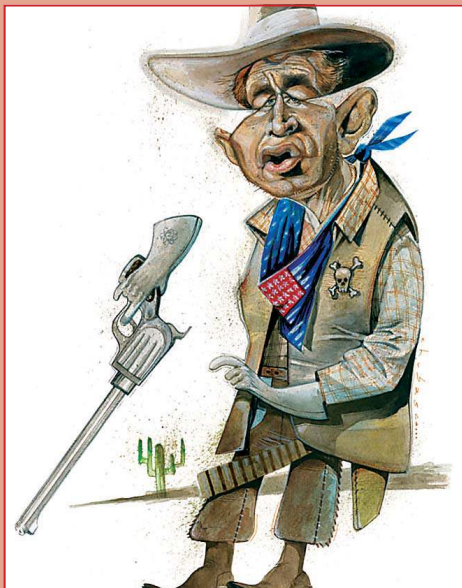
Cartoon collection in Sintra

The World Press Cartoon Exhibition will soon be on display for the fourth year running, as of April 12th, in the Sintra Modern Art Museum as part of the Berardo collection.

Distinguishing and display-

ing the best press cartoons of 2007 from all round the world, entrance is free of charge.

The exhibition will run until May 11th (closed on Mondays) from 10h00 - 18h00, including bank holidays.



Twelve drivers arrested in Lisbon

GNR Traffic Police arrested twelve drivers during a routine operation on the IC 22 and the EN9 in the Greater Lisbon Area between 01h00 and 08h00 last Sunday morning.

During the operation, 191 drivers were pulled over and 58 of them were fined. Of these 14 were for very serious offences, 31 serious and 13 were for minor transgressions.

Traffic Police also controlled the speed of 420 drivers, 15 of whom were fined for driving over the legal speed limit.

A total 160 drivers were checked for alcohol levels and twenty were found to be driving over the limit.

Ten of the drivers arrested had levels said to be "substantially" over the legal limit and two more were arrested for not having a driving licence.

Save Tibet protests



Hundreds of people gathered outside the Olympic committees offices of Portugal on March 31st protesting for Tibet's freedom. (Photo: João Relvas / Lusa)

Lisbon wants more quality hotels

According to official figures, in order to meet goals set for the National Tourism Strategy Plan, by 2017 Lisbon will need an extra 26,000 beds, which the regional tourism board hopes to achieve by encouraging independent hoteliers to affiliate with international chains and brands.

Vitor Costa, head of the Lisbon Tourism board, explained "Lisbon's hotel revenue is below that of Europe's best", and explained that "there are objective advantages in being associated to international chains". He did stress however, "We

don't intend to be on a par with cities such as London, Paris or Rome. They are in another league".

A study carried out by Deloitte on the tourism board's behalf has underlined that, in order to grow and comply with the national tourism strategy's goals, Lisbon must increase its present bed offer from 25 to 42 thousand beds over the next nine years.

And if more beds are to be created, the new establishments should be as interesting and as prestigious as possible, in order to attract higher-pay-

ing clientele.

Names such as Four Seasons, InterContinental and Accor, have been suggested, for sub-regions like Estoril, Sintra and Leiria/Fátima.

Luxury names like Hilton, Kempinski and Hotel du Vin have also been earmarked as interesting possibilities, which do not, at present, exist in the capital.

To accommodate the new units Lisbon City Hall is elaborating a project that entails the renovation and transformation of unused or abandoned public buildings.

Free theatre in Cascais

During the month of April, until the 20th, Cascais will host a number of plays by amateur theatre groups around the district's various day centres.

These shows will be held for the eighth year running, following their previous success and good attendance.

In collaboration with the City Hall, which has given the initiative its full backing from the start, the various groups hope to revive the traditional habit of going to the theatre as well as boosting Cascais' cultural edge.

Entrance to all plays is free, for a full listing of plays and dates visit www.cm-cascais.pt.

ENGLISH DENTAL SURGEON

Dr. Francis Haley
B.D.S.

(Guy's Hospital, University of London)

Av. 25 Abril, 184 - 1^o C 2750 - 511 Cascais

Tel: 21 486 3012

<http://clinic.cdhalley.pt>

RECUPERATION AND TREATMENT CENTRE

SAÚDE INTEGRAL

Centro de Tratamento e Recuperação Física

Dr. Jody Jakob

Osteopath British & Portuguese Registered

Rua do Maçarico, N^o 72, 1^o Dto
2750-696 Cascais
Portugal

Tel. 21 484 62 83
e-mail: geral@osteopatia-cascais.com
www.osteopatia-cascais.com

Credit Services

The biggest European
financial consulting company

House Loan
TAE Up to 4,93%

Debit Consolidation
TAE Up to 5,5%

Personal Loan
TAEG Up to 11%

Car Loan
TAE Up to 7,75%

Leasing
TAEG Up to 9%

Insurances

Financing conditions dependent of approval by an authorized financial institution

CREDITSERVICES - LARANJEIRO
Praça Lopes Graça, 23 B. Laranjeiro
www.creditservices.com.pt

We will make your life easier
CHALLENGE US

CALL 707 312 411

Toffs Golf Society visit Quinta da Beloura



On a beautifully sunny morning last Monday, 31st March, the members of the TOFFS Golf Society took on the challenge of the Quinta da Beloura course for their second outing of the 2008 season.

In a league of his own on the day, the winner was Bill Buxton with 36 Stableford points. In second and third

places were Chico Leite Monteiro and Eddie Leitao, with 29 and 28 points respectively. Following the competition,

a lively and convivial lunch was held at the nearby Lagoa Azul restaurant in Linho.

Health and fitness takes over Oeiras



Over the years Oeiras City Hall has strived to promote healthier, better living, encouraging its habitants to do more exercise and adopt better lifestyles.

This weekend, from April 5th to 10th, the fourth 'VIVA +' health week is being held in the city, which also comprises World Exercise Day, on April 6th.

Many different activities are being organized as part of the 'health week', in collaboration with the Merck Sharp & Dohme company, to raise awareness concerning a number of health issues.

Preventing and reducing the risk of diseases is the main aim at the same time as educating the population on how to maintain a healthy lifestyle.

Free check-ups will be offered, covering eyesight, hearing, cholesterol, physical condition, blood pressure, osteoporosis, and oral hygiene.

Mother-baby activities are also on the agenda, along with free medical advice and information.

On Saturday, April 6th, to commemorate World Health Day, a

number of physical initiatives can be joined free of charge, including bike rides, roller-skating classes, aerobics, walking, canoeing, and Chi Kung.

These will take place on Oeiras' Recreational Port, where different stands representing the various health and exercise initiatives can be found.

Doors open at 10h00.

France falls in love with Lisbon



It appears France has embarked on a heady love affair with the Portuguese capital after an article printed in the French publication *L'Express Styles*, under the title 'Five cities for two hearts', described the city as "Lisbon, the seductress".

It has been put forward by the publication as one of the most romantic European cities.

Fado, trams, and churches contributed towards this scoop, as well as tourist hotspots such as the Belém quarter, where, according to the article, you can

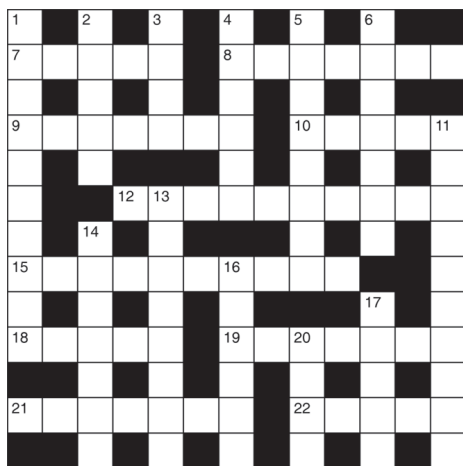
"experience the sweetness of Lisbon's atmosphere".

The "fabulous" Mosteiro dos Jerónimos monument and the Royal greenhouse and gardens were recommended for romantic walks, with hotels such as the Hotel Bairro Alto and the Ritz Four Seasons Hotel Lisboa suggested for stopovers.

Weekly *L'Express Styles* is a mixture of lifestyle and culture, a free supplement to *L'Express* magazine, which has a press run of 400,000 copies per week.

As well as Lisbon, in that particular edition Venice, Amsterdam, Bruges and Vienna were also featured as romantic European destinations.

The Portugal News Crossword No. 186



QUICK CLUES

ACROSS

7. Lad (5)
8. Invigorate (7)
9. Egg white (7)
10. Eat away (5)
12. Hindrance (10)
15. Disguise (10)
18. Memorize (5)
19. Help (7)
21. Refinement (7)
22. Wrong (5)

DOWN

1. Oppressive (10)
2. Disney film (5)
3. Bogus (4)
4. Border (6)
5. Oblation (8)
6. Win back (7)
11. Undertaking (10)
13. Sad (8)
14. Friendly (7)
16. Hearken (6)
17. Droll (5)
20. Applaud (4)

QUICK SOLUTIONS No. 185

Across: 1 In despair; 8 Air; 9 Intercessor; 11 Apropos; 12 Osier; 13 Chance; 15 Depose; 17 Sieve; 18 Pillory; 20 Imperiously; 22 Own; 23 Respected.
Down: 2 Nun; 3 Strip; 4 Averse; 5 Restore; 6 Carnivorous; 7 Propriety; 10 Threatening; 11 Accession; 14 Creeper; 16 Sports; 19 Loose; 21 Lie.

su | do | ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

6				5	3	7
			7	8	4	
2	3		4			
5					3	
	6	9			7	1
	1					5
			5		8	9
		2	1	7		
4	6	8				3

Last weeks solution:

8	4	6	3	7	9	2	5	1
9	7	1	5	8	2	6	4	3
3	5	2	4	6	1	9	7	8
4	6	5	9	3	7	8	1	2
2	3	7	1	4	8	5	9	6
1	9	8	6	2	5	4	3	7
7	2	4	8	9	3	1	6	5
5	8	9	7	1	6	3	2	4
6	1	3	2	5	4	7	8	9

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

Mayor's Americans in Portugal luncheon another great success

A total of 59 Americans, friends and guests attended the Wednesday, March 26th, Americans in Portugal luncheon to hear the President of the Cascais Council, Mayor António D'Orey Capucho speak.

Mr. Capucho outlined the numerous accomplishments made during his first two terms in office, and discussed the fu-

ture plans he hopes to undertake if he is elected for a third term. The Mayor was accompanied by his Chief of Staff, Cristina Pecheco and Translator, Linda Pereira.

Americans in Portugal will hold its next luncheon on Wednesday, May 7th, with Thomas Stephenson, the new American Ambassador, as Guest Speaker.



Photo: Don David Price

Construction and design along Portimão riverfront



From April 3rd to April 6th, the eighth 'Algarve Construction' trade fair will take place in conjunction with the fourth 'ArtCasa' interior design and home decoration fair. The event will be taking place on Portimão's riverfront, offering a unique opportunity for visitors to find all they need from building to embellishing a home.

Organised by Portimão City Hall, this year the large exhibition will feature seminars on several subjects, ranging from decoration to restoration and Feng Shui.

During the four days, 83 exhibitors from all over the country will

present the latest in trends and techniques, as well as products and all activities related to building.

The exhibition will be open from 15h00 to 22h00, entrance fee is €2 and gives access to both exhibitions.



During the four days, 83 exhibitors from all over the country will be at the construction and design exhibition in Portimão.

Wanted criminal robs 'empty' bank



On Monday morning, at around 10h30, an armed man demanding cash stormed into Santander Totta branch in Albufeira, which is set-up strictly to assist customers with information. After being convinced there was no money to take, he walked out empty handed and was arrested shortly afterwards for his efforts.

The reason no money was to be found at the bank was because the individual walked into an information branch, where no money is kept.

The branch that does take deposits and holds cash can be found on the other side of the street. After verifying himself that there was no money in the draws, the robber started shouting obscenities while making his way out of

the bank.

The bank manager, attending a client in his office at the time, heard the shouting and ran after the criminal, but lost track of him further down the road.

The criminal was later caught in Castro Verde on the same day. He is suspected to have robbed five banks in the past month, either with a gun or a knife.

Get your motors running



Algar Moto in Portimão.

This weekend, Portimão Arena is hosting the ninth annual Algar Moto expo, an exhilarating exhibition showcasing the world of two wheels, including the latest models of motorbikes, accessories, and innovations.

As well as 2008's latest revelations, there will be a range of classic and collectable bikes on display, including those without

engines. Entertainment is planned and will feature free-style bike shows, amongst others.

The event is organised by the Portimão Moto Clube, sponsored by the City Hall, and is free to enter. Doors will open Saturday and Sunday, (April 5th and 6th), from 14h00 – 24h00 and 14h00 – 22h00 respectively.

Portimão considered unsafe by majority of traders



According to a survey carried out by ACRAL – the Association for Commerce and Regional Algarve Services - 90.84 per cent of shop owners think there is a significant lack of safety in Portimão's main shopping area, the heart of the city.

As a conclusion, the association, with the support of the City Hall, will draw up a plan to reinforce security along the main commercial area, in an attempt to reduce crime.

This action has been instigated in the wake of a series of robberies and muggings, which took their toll on traders and raised general concerns.

ACRAL director João Rosado has recently confirmed that the plan is practically complete and includes implementing such video-surveillance and hiring

plain-clothed security guards, who are directly connected to the PSP police. These guards will operate 24 hours a day, an identical set-up to what has been implemented in Faro city centre three years ago.

On the other hand, the director agreed that since a rise in the number of complaints has been noted, PSP police do seem to have made an effort to intensify policing in Portimão.

Throughout Portimão's main shopping area there are 256 businesses, 120 of which were inter-

viewed as part of the survey.

Conclusions showed that 49.17 per cent of traders consider the area to be 'rather unsafe', whilst a further 41.67 per cent deem it 'very unsafe'. Therefore, 90.84 per cent, a significant majority, of shop owners and traders consider Portimão's busiest area to be dangerous.

Most of those interviewed were the victims of robberies at least once, with 158 cases of violence being documented, mostly in the late afternoon or at night.

Vandalism adds to Praia da Rocha's recent crime wave

After three night spots were robbed over the Easter weekend (see last week's edition of *The Portugal News*), three shops and two cars were vandalised in Praia da Rocha in the early hours of Monday morning.

The windows of the three shops were smashed with cobblestones picked up from a pavement. Two real estate agencies (Profile and Areias da Rocha) and a pharmacy (Palma Santos) were the sufferers of this spell of vandalism, with two parked cars also being damaged with rocks.

A witness, who called the PSP, says these attacks were carried out by a group of young men.

SAPATOS DE CRIANÇA	
Bella®	
SHOES 4 KIDS	
CROCS, OILILY, BOBELL, AGATHA RUIZ, FIORUCCI, GEOX & lots more!	
Rua Infante de Sagres, n° 55, LAGOS 282-761155	

Mosquito Blinds R Us
Invented by us 4 u 2

Feel the breeze

Our unique magnetised interior / exterior window design

Measured by us for you in 72 hours of order being placed

1m sq window only €59 fitted

We fit to any shaped window!!
Sliding window / patio screen. Pet guard optional. Also Mosquito door screens.

Fully guaranteed for 12 months!

Tel: Mosquito Blinds R Us for a quotation today on 282 639 168 or 914 545 019

e-mail: mosquitoblindsrus@yahoo.com

FREE outdoor fly trap

Jardim Vista at The Property Lounge



From left to right: Per Hogendahl, Michael Hickey, Evi Hogendahl, Richard Westcott.

Jardim Vista recently hosted a cocktail party for the occasion of the company's partner day at The Property Lounge in Quinta do Lago, celebrating the successful business partnerships established by the company during the last 20 years. The event was attended by around 100 people.

Richard Westcott, founder of the company, was accompanied at the event by his team welcoming clients, developers, architects, project managers and friends.

The Property Lounge is a new and cosmopolitan venue recently inaugurated in Quinta do Lago's Quinta Shopping complex, that has rapidly become a place where two of the Algarve's most identifiable activities – real estate and socializing – have come together in a successful blend.

With nearly 20 years of experience and with a vast portfolio of completed projects, Jardim Vista offers a solid combination of design quality, meticulous execution and professional maintenance, vital if gardens are to

achieve their full potential.

Among Jardim Vista's clients are several prestigious developers and private clients in Portu-

gal, Madeira, Spain and Gibraltar. Richard Westcott is a landscape architect with vast international experience.



Advogado João Vidal, Constantino Jordan, Richard Westcott.

Dr John Piper MB, BS, FRCS

Surgery at Armação de Pêra
Clipsa - Clínica Particular de Saúde, Lda -
on Mondays and Thursday mornings.

Av. Marginal, Edifício Atlântico I
8365 Armação de Pêra. Call 282 315 761

CENTRAL ALGARVE "Looking after No 1"

We are all familiar with the concept of looking after ourselves, mind, body and spirit, but what about the future needs of Number One?

Thinking about what happens to us at the end of our working lives is often something we fail to address. The truth is, we are too busy making a success of our businesses on a daily basis so that retirement planning becomes a low priority. Steve Rodgers from Blacktower Financial Management will encourage us to consider not only our current needs for life and health insurance, but also to think longer term. He will explore ways of creating a retirement strategy, separate from the main business activity and why this should be started sooner rather than later. All welcome, come along, network and learn something new.

Directions to Hotel A Colina: formerly Hotel Berry. From the West, on the A22 motorway take exit 13, the Faro airport turn off. Follow signs for Almancil. Join the N125, after 2 kms take the left turn, signed Ludo, and first left again. The hotel will be found at the top of the track.

If travelling through Almancil towards Faro, take the right turn to Ludo, just passed St Lorenzo church.

Wednesday April 9th 2008
Network Lunch at Hotel A Colina, Almancil
12:30 pm for 1:00 pm – Time to Network
Cost: Members € 15 Guests € 20
Please book no later than noon on Monday, 7th April



The Association of Working & Business Women
A Rede Associação Profissional Feminina em Portugal
Contact Paulette Fouché, Network Co-ordinator
Tel/Fax: 282 415 843 Email: info@networkalgarve.org
www.networkalgarve.org

Algarve resort raises €64,000 for charity



A total of €64,000 has been raised by the Parque da Floresta Charity Fund, which collected monies for five charities during 2007.

The Fund, supported mainly by local businesses, golf club members and guests of Parque da Floresta, was set up in 2006 to

raise money for local charities at every available opportunity throughout the year.

Over the last two years the

Fund has been able to raise over €130,000.

This year, with the event being held at Parque da Floresta resort, the beneficiaries were NECI, Lagos Orphans, Centro Cultural e Social da Figueira, Associação Oncológica do Algarve and Bombeiros Vila do Bispo.

Mark McFadden, managing director of Vigia Group, in comments to *The Portugal News* at a function this weekend to present the charities with their

cheques, said: "As it is a predominantly English resort, there is a desire for them to be recognised in the local community and it is a pleasure to give back to the region that gives so much to our English community". He also mentioned all charities were carefully chosen, reaching all age groups, from children to the elderly.

Speaking from the receiving end, Adelino Soares, President of the Bombeiros Voluntários da Vila do Bispo, said "We thank Vigia, yet again, for recognising the council's activity" and said the money given to them will support the construction of the new Headquarters for the fire-fighters, adding "Although it (the money raised) is not enough to finish such a big project, it is extremely helpful".

The next Charity Fund Weekend takes place on 6th – 8th June 2008. This year the committee members have set themselves an even bigger target of €100,000.



Parque da Floresta has managed to raise a total of €64,000 for charities.

São Brás fire department fundraising



A charity dinner was held last week at Fonte do Bispo in aid of two local charities. The above picture shows Alex Moreireira receiving a cheque for €200 for the volunteer fire department of São Brás. Quintinha dos Animais Abandonados (charity for abandoned animals) will receive a further €150, raised from the raffles. Prizes were donated by Litel and Wine Mine, Juk showcased her new Spring / Summer collection at the event, which was hosted by the Bassett Family.



The Friends of São Brás presented five respirators, with masks and portable oxygen tanks together with five spare tanks, to the voluntary fire department of São Brás. This expensive equipment is especially designed for use when fighting urban fires.

The photograph shows, left to right, Rui Pereira - a member of the fire department who is modelling the equipment, Kristin Hancock from the Friends of São Brás, Dra Nidia Amaro, the President of the Direcção and Alexandro Madeira, 2nd Commander of the Voluntary Fire department of São Brás.

Big expansion for the May International Algarve Fair

This May's Fair will see even greater expansion with another 1,600 square meters of exhibition space added, along with new features to make the Fair the biggest attraction in the Algarve for the expatriate community. Last September's Fair attracted almost 10,000 visitors, which places this fair as the highest attended Fair or exhibition of its type held anywhere in the Algarve. In addition to high attendance, visitors normally stay for several hours, as there is so much to see and do for all the family.

What's new this May?

If you are thinking of landscaping your garden, don't decide who to commission until you have visited the Fair! Following

last year's enormous success of the landscape show gardens, this May the garden feature has its own area of 1,600 square metres, with many more display gardens, some double the size. Early indications from the landscape garden designers has shown some superbly imaginative gardens with water features and much more. In addition there will be garden nurseries and suppliers of all that you may need to construct and plant out the perfect garden.

BBC Ground Force presenter to judge the gardens

One of the BBC 'Ground Force' presenters, Kirtsy King will be judging the best garden, but the competition is going to be

strong. You can see last year's feature gardens by logging on to www.the-news.net and clicking on the left hand side 'Winning Fair Gardens'.

New Pavilion features

During the winter the Lagoa City Hall has made many improvements to the Pavilion, which is now fully enclosed with new entrance foyers. The newly designed Fair entrance means that all visitors will enter through the Pavilion making these stands the first to be seen by everyone. Within the Pavilion will be the new car show and many stands to do with your home, including Banking, Finance and Property.

New Arts and Crafts area

The arts and crafts will now have their own 30 metre marquee with space for 30 exhibitors (sold out), who design and produce their own jewellery, art, clothes, materials etc. Not to be missed for some exceptionally good buys.

Over 150 stands

Most stands are now sold,



Archive photo from of last year's International Algarve Fair.

some areas are already fully booked, but call the exhibition office on 282 380 317 to see what is still available. This is an event that no company should miss.

International Algarve Fair

FATACIL Showground, Lagoa, Saturday and Sunday, May 10th & 11th. 11:00 – 20:00 each day. Preview the Fair at www.algarvefair.com

Chopper rescues stranded Praia da Luz man

A 23 year old man had to be rescued by helicopter after he got stuck on rocks last Sunday close to Praia da Luz.

The man, a resident of Praia da Luz, was reportedly walking in the 'Black Rock' area of Praia da Luz when he got jammed in the rocks and was unable to free himself.

His friends, who were with him at the time, called for assistance.

As the ground forces were occupied in Aljezur, a helicopter from the Civil Protection was summoned to intervene.

The young man waited almost two hours for the rescue, but was not taken to hospital because he did not sustain any serious injuries.

Surfers in Portimão

Last weekend Praia da Rocha was the place to be for surfing enthusiasts. Marlon Lipke shone in average conditions, showing what professional surfing is all about.

The event was organised by PlaySurf, in association with the 'Youthful March' campaign supported by Portimão Council. Over 100 surfers participated and there was a good attendance of spectators on the beach despite the adverse weather at the time.

With waves reaching up to one metre in height, conditions were not the best due to strong winds, a similar situation to the previous stage.

The heats were held close to the pier, where the best waves form, so the athletes could take full advantage of what the sea had to offer.

Marlon Lipke, a professional surfer competing on the WQS (World Qualifying Series) circuit, was the person to watch, demonstrating his fluid,

fast and powerful surf. He was a clear winner in the Open category. His younger brother Melvin placed second, closely followed by Gustavo "Guga" Gouveia taking the last podium place. João David won the under 16's, taking home the surfboard prize. Katy Cardoso won the female event again, Basile Belime won the under 14's and Tomás Alcobia won the Under 12's.

For the first time in the B Side Surf Competition there was an 'Expression Session', where surfers attempt difficult manoeuvres in a 20 minute time limit, the best trick winning. Marlon Lipke took the prize, a wetsuit, with an outstanding aerial manoeuvre. Showing great altruism he gave the wetsuit to Basile Belime.

The next stage is being held at Tonel Beach, Sagres, sponsored by FunRide Surf Camp, on 10th and 11th or 24th and 25th of May, depending on sea conditions.



Marlon Lipke

On Saturday 26th April 2008

The St. Andrew's Society will be holding a Ceilidh at the Restaurant Ponte Romana in Silves. Come and enjoy a great Scottish evening.

Please phone Cathy on 919 635 246

as soon as possible.

Art raises much-needed money for NECI



Following previous reports on David Haines and João Carrondo's joint art exhibition, which also featured many other artists, The Portugal News is pleased to announce a grand total of £2,454 was raised to be donated towards the everyday expenditures of special needs school NECI.

NECI is delighted with the efforts being made by painter David and photographer João, who have previously held joint exhibitions to raise funds for the Luz-based school.

Also contributing towards the donation were artists Nuno Fernandes,

Cristela Gonçalves, Moira Maguire, special needs pupil Carlos Fausto, arts and crafts from the inmates of Silves prison, and paintings by the inmates of Faro prison.

This unique gathering proved a successful cocktail of art, photography, and

handy-craft, having been visited by thousands.

Raised through sales as well as visitors' contributions, the donation will be put towards covering costs of everyday expenses, like running the school's vehicles, feeding pupils, electricity and water.

Visit www.the-news.net for the latest headlines

'BEST OF BRITISH' SUPERMARKET

Over 1,000 lines of products

THOMAS GREEN'S
IN LAGOS

THE FIRST SHOP IN THE ALGARVE

All well known brands focusing on British food products with an extensive range of choice in dry, chilled and frozen items. All at competitive prices.



Open Monday to Friday
10am to 7pm
Saturdays 10am to 5pm

Telephone: 282 799 023
E-mail: lagos@thomasgreen.pt
Website: www.thomasgreen.pt

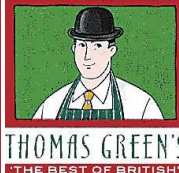
Easy To See, Easy To Find!
Come into Lagos on the EN125 (from Portimão) past MacDonalds, take second exit off the Boat roundabout. We are on the right opposite the Tourist Office.

'BEST OF BRITISH' SUPERMARKET

Over 1,000 lines of products

THOMAS GREEN'S
NEW SHOP IN
OLHOS DE ÀGUA
ALBUFEIRA

All well known brands focusing on British food products with an extensive range of choice in dry, chilled and freezer items. All at competitive prices.



Open Monday to Friday
10am to 7pm
Saturdays 10am to 5pm

Telephone: 289 541 119
E-mail: albufeira@thomasgreen.pt
Website: www.thomasgreen.pt

Visit us at
Praça do Mercado, Loja 12
Olhos de Água (Close to the Municipal Market)

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be of no more than 300 words to: The Portugal News, Apartado 13, 8401-901 Lagoa. Fax: 282 341 201. E-mail address: letters@the-news.net

"Modern day gypsies"

SIR, It seems to be the norm now to see side roads and car parks full of modern day gypsies in their camper homes. Bring back the days when the GNR would move them on. Now, there are plenty of camp sites. The free loaders just want to set up camp anywhere they see fit and to let their dogs foul the gardens and waste ground.

PETER DODD, By e-mail

Renewal of British Passports

SIR, Another letter regarding the abysmal service of the British Consulate in renewing Passports in Madrid.

I sent my renewal forms by registered mail to the Passport Office in Madrid on 1 February. My Credit Card statement showed that my fees had been cleared on 7 February. When I had not received my new Passport by 22 February I phoned the British Consulate in Portimão and was told to refer to the British Embassy website. This I duly did and saw that my documents had been despatched on 12 February. From then on I spent days on the phone and sending e-mails all of which were getting me nowhere. It was dial 1 for this, dial 2 for that and so on but still getting no response. I either got an answer machine messages or no reply to my constant ringing.

With the help of a lady called Carmen in the Madrid office, I eventually learned that my Passport had been sent to Loulé and was given a number to ring - again no reply to my constant calls. I was leaving Portugal on 1 March

and required my Passport by 29 February at the latest. Apparently the Couriers in Loulé could not find my address - I live in Carvoeiro not "out in the sticks" - and sent my Passport to Andalucia. Again with the help of Carmen, my Passport was delivered by a Spaniard from Huelva at 12.30 on 29 February (18 hours before I was due to leave my house on holiday).

The finalé to this story is that I received a phone call from someone by the name of Gonzalo almost two weeks ago to say that they were changing the Courier Service in Portugal and I would get a refund of the fees I had paid for the Courier. He then asked for my Bank details so that the payment could be made directly into my Bank Account. I told him there was no way I was going to divulge my Bank details and they could send me a cheque. To date the cheque has not been received.

MARDIE CUNNINGHAM, Carvoeiro

Letter from T.V. Perrott, 15th Mar.

SIR, On one of my regular visits to Portugal I recently picked up one of your Newspapers at Faro Airport. It was with great sadness that I read of the death of Leon Greenman.

Some years ago I went to a Holocaust exhibition created by the Jewish school children of Manchester. In it they had created a replica of an accommodation block at Belson concentration camp. I took my father with me as he was one of the first British soldiers into Belson when it

was captured. He stood looking at this display and said "it was not like this" A man heard him say this and came talking to us. He asked my father what his interest was in it so he told him. The man rolled up his sleeve and showed my father he still had his concentration camp number tattooed on his arm. This man was Leon Greenman.

He took us to one side and some of the things he told us were beyond belief. He told us he went to Holland to open an antiquarian book shop. He told us two days later the Germans came into Holland quite unexpectedly and they took his wife and son away. They were both murdered within the next forty eight hours. He told us that he had spent his life looking for the two Germans who signed the orders for his wife and son to be gassed. He said he had just missed one. He was a priest in Canada and he had just died but he was still looking for the other one. I don't know if he found him. Leon Greenman told us he survived six concentration camps, probably because he was quite fit because he was into boxing. When the Americans captured Buchenwald he said that a soldier gave him a brown paper package and said "take it home, keep it and tell everyone what it is" It was the camp flag from Buchenwald and it was at the exhibition.

I asked him if he was a member of Die Spine and he immediately stood back and said "what do you know about that?" I told him I had read about it in books. He certainly knew a lot about hunting for war criminals. At the time it was in the British newspapers that Mengele had been captured in South America. I asked him if it was him and the answer was a definite yes. He also said that soon another one will be arrested and gave me the name Klaus Barbie. He was also known as The Butcher of Lyons. True to his word he was arrested one month later.

If the kids of today read what Leon Greenman went through in his life (this man went to hell and back), would they be like they are

BRIAN SEDDON, Manchester, UK

Reply to E. Arntzen

SIR, According to E. Arntzen (Letters 29th March) the reason autopsies were not carried on Jewish victims of the so-called Holocaust was that the Nazis cremated them all. I would respectfully suggest that Mr/Mrs Arntzen visits the Imperial War Museum in London, where photographs of mass graves in the Belzec, Auschwitz, Maidanek, Buchenwald, Dachau concentration camps containing Jews as well as gypsies, Roman Catholics and other ethnic minorities are on display. Further food for thought regarding the Holocaust Hoax is that it would have taken the Nazis between six and seven years to cremate six million people given the number of crematoria that were available at that time, a time span that would have lasted until 1947/48.

PAUL JOSEPH, By e-mail

Reply to John Clare

SIR, I wonder why John Clare has decided to hop onto his pogo stick and jump all over me about the Holocaust? Perhaps just because I know what I mean when I write it doesn't necessarily follow that all readers will make the same interpretation. Attempts to keep my letters within your 300-word limit may also lead to further misunderstanding. So let me clarify things.

1) Although the Holocaust is probably the most horrific and evil event ever recorded there is no case for making its denial a criminal offence.

2) I did not mean that the number murdered doesn't matter, just that while the Holocaust cannot be disputed, the number of victims will continue to be.

3) When I mentioned half a million Jews in Germany in 1939, of whom about half were allowed to emigrate, it was to confirm the fact that the assembly line killing of 'undesirables' did not commence until late 1941. However, by 1945, only about 28,000 of those Jews who stayed in Germany had survived.

4) Although no written instruction signed by Hitler ordering wholesale extermination has survived, there are many other references to it, especially by Himmler who spearheaded the massacre of three million Poles during the invasion of their country.

Finally, for those who deny the Holocaust, Eisenhower, Supreme Commander of the Allied

Forces, was way ahead of them. When he inspected one of the death camps he wrote later that,

"I visited every nook and cranny of the camp because I felt it my duty to be in a position from then on to testify at first hand about these things in case there ever grew up at home the belief or assumption that the stories of Nazi brutality were just propaganda. Some members of the visiting party were unable to go through with the ordeal."

RON LAVERY, By e-mail

Re. Article: 'Portugal Road Accident Record'

SIR, It is no wonder that the accident rate in Portugal is high if cars, even police cars, drive on the left across the Vasco da Gama Bridge as depicted in your photo on page 9 of 29 March edition of The Portugal News...Ooops! Could it have been printed in reverse or was it taken during the Opening Ceremonies 10 years ago?

ALAN A. YEO, By e-mail

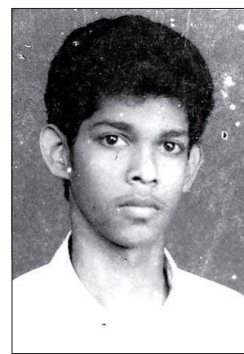
Well spotted Mr Yeo! The photo was indeed taken at the inauguration, we chose it because we felt it was the best photo available to show the bridge in all its glory. Ed.

Missing for 7 Years - James Chacko (pronounced Kochu)

SIR, John and I have just returned from a trip to Kerala, India where we have been retracing his great aunt's footsteps. She was a missionary in Kerala for 33 years. While there we met a lovely Christian couple who are officers in the Salvation Army in Trivandrum. They had previously been in Zambia and that is where they last saw their son James Chacko (pronounced Kochu). They last heard from him 7 years ago when he told them that he had married a Portuguese lady called Bela da Silva, who was a teacher, and that they were going to live in Portugal. His parents are now elderly and now live in Kerala, India. They are desperate to see or hear from their son again. Below is their most recent photo of him.

We have been asked to try to locate him. Any information please contact me:

DEBBIE HILL, Mobile: (00 351) 919 473 206 or e-mail: debbhill@gmail.com



Place your classified advert online and save 10%!

At www.the-news.net/ads/ you can choose from simple lineage ads, boxed ads, photo ads, and preview your classified before placing it.

Portuguese for Beginners

Emília Rosendo

115

THIS LESSON:
The Plural of Nouns

The plural of the nouns ending in **-n**, **-r**, **-s** and **-z** is formed by adding **-es**.

Read the sentences which follow:

- ⇒ O abdómen está fortalecido.
- Os abdómenes estão fortalecidos.
- ⇒ Este par dança bem o tango.
- Estes pares dançam bem o tango.
- ⇒ É um gás altamente tóxico.
- São uns gases altamente tóxicos.
- ⇒ Ele é um rapaz muito simpático.
- Eles são uns rapazes muito simpáticos.

② Write the plural of the sentences below.

- a) Esta flor está muito bonita.
- b) Que país visitaste nas tuas últimas férias?
- c) Aquele juiz foi muito severo.
- d) A colher de sobremesa está em cima da mesa da cozinha.
- e) Este cantor é muito popular entre os mais jovens.
- f) O cabaz está cheio de frutas frescas.

② Complete the sentences with the correct word (in the plural) from the box below:

* nariz * favor * raiz * voz * colar
* noz * dólar * mar * sabor * perdiz

- a) As enormes _____ da árvore que está em frente do nosso prédio danificaram o pavimento.
- b) Os alunos aprenderam o nome dos principais _____, rios e oceanos.
- c) O gelado que pedi era de dois _____: chocolate e baunilha.
- d) Estou muito grata ao meu amigo André por todos os _____ que ele já me fez.
- e) Estamos a partir _____ para o bolo.
- f) Ela gosta de usar _____ coloridos.
- g) Ontem à noite ouvimos passos e _____ estranhas no nosso pátio e ficámos assustados.
- h) Eles caçaram algumas _____.
- i) As crianças pintaram os _____ de vermelho e vestiram os fatos de palhaço.
- j) Sobraram alguns _____ da nossa última viagem aos Estados Unidos?

BOOK NOW, WHILE THERE'S STILL SPACE



A captivated audience!



There will be so much to do at the International Algarve Fair on 10th & 11th of May that visitors will want to stay all day (opening hours 11:00 to 20:00). Features include Motor Show, Property Show, Arts & Crafts market, Puff Park (children's adventure area) and all day entertainment. Add to this over 120 stands with everything for the home, garden and lifestyle, several international restaurants and you have a recipe for a very happy crowd.

If you have not yet booked a stand, call the Exhibition Hotline on 282 380 317 or go to algarvefair.com.

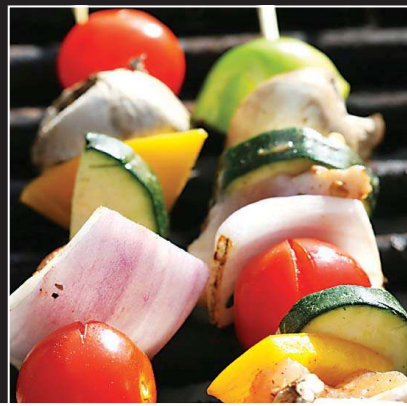


Stands

There will be over 120 stands with everything for home, garden and lifestyle. Stands will be offering advice on travel, home improvements and lifestyle, there will be lots to buy including fashions, books, art, decor, specialist foods, pets products and you can enjoy beauty treatments and health advice.

Food Arena

There will be several international restaurants in the Arena: Pizzas from Italy, Tandoori from India, Pastries and Bifanas from Portugal, Hotdogs and Hamburgers, Shell fish from Portugal, Surinam specialties, Braai from South Africa, Indonesian Cuisine and Cakes, Pies, Pasties, Sandwiches and Cream Teas from the UK, Danish open sandwiches and Slush Puppies.

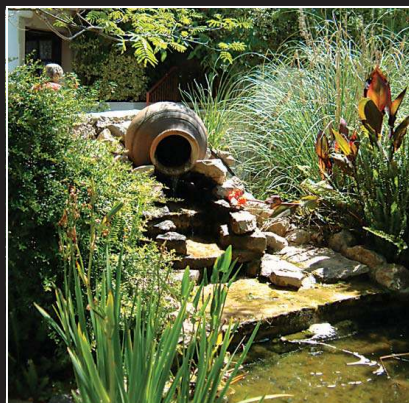


Puff Park

Children will love this adventure area with several giant inflatables. There will also be clowns, face painting and a real fire engine to explore. This year Puff Park will be located in the Arena, so parents can be close to their little ones while they eat and enjoy the entertainment.

All Day Entertainment

The lineup already includes Harp John in the garden area, the Peruvian ensemble on the grassy banks among the stands plus OO-Boop-I-do, Country Singer J.J. Johns and A Kinda Swing in the Arena.



Show Gardens

Landscape Gardeners and Garden Centres are invited to participate in **The Portugal News LANDSCAPE GARDENER Spring 2008 Award**. See page 34 for full details

Arts & Crafts Market

A dedicated section for artisans to show off their wares. Made especially simple for the purpose, spots can be rented for only 53 euros



The Algarve Property Show

This section will be situated in the Pavilion for visitors who are thinking of selling, buying, trading up, or moving to something smaller. They are invited to meet the leading agents and talk to finance companies.

Motor Show

Where visitors can see the latest models and talk to motoring experts. Also situated in the Pavilion



Sponsored by:

THE PORTUGAL News

PORTUGAL COMMUNICATIONS GROUP



Supported by:



Exhibition Hotline
282 380 317 • algarvefair.com

CreditServices opens in Laranjeiro, Almada



Established in this country since 2007, Credit Services, a European market-leading financial consulting agency, was brought to Portugal after a significant niche was detected, the fourth national branch being opened in Laranjeiro, Almada, under the management of Cristina Lopes de Castro.



The company is looking to open 30 agencies, nationwide, that number escalating to 150 in an estimated five-year period, following a careful franchising system based on handpicked candidates.

This latest branch was inaugurated on April 2nd. Already comprising branches in Guimarães, Miraflores and Vila Franca da Xira, another six are set to open across Portugal in the immediate future.

In Spain the company has more than 500 branches, which in 2007 netted more than 4 billion euros profit, and is currently the largest financial consulting company in Europe.

Portugal became a target market due to the current financial difficulties, in fact crisis, it has been experiencing over recent years.

Formed by lawyers, economists, and financial advisers with over 10 year's experience, CreditServices aims to offer effective alternatives for budgets, optimal financial solutions and

the best advice for businesses and individual clients in terms of financing and investment.

Based on a personalized, independent and credible approach, CreditServices will carry out all aspects of sourcing the best solution for their clients' financing or investment needs.

This includes analyzing each individual case, finding the most adequate credit institution, preparing the process and respective paperwork, negotiating with all institutions, accompanying the entire process through

to completion, and offering the best post-transaction support, making sure the client is 101 per cent satisfied.

Client processes are carried out with efficiency, assurance, tranquility and speed, working with national and foreign institutions.

For all your financial dilemmas, trust the experts.

Contact CreditServices – Laranjeiro, Almada, on: geral.laranjeiro@credit.services.com.pt, call: 707 312 411, or see website: www.creditservices.com.pt.

The Langley Spit (pig/hog) roast machine



Manufactured in Portugal and retailed at very appealing prices, the Langley Spit – dubbed 'Spitroast heaven' – is certainly one piece of al-fresco equipment you can not afford to miss out on this summer.

Barbeques are all about lifestyle, and spring and summer have to be the most perfect seasons for making the best of the outdoors.

Why not impress friends and family and instead of a barbecue, opt for a full on spitroast.

Various sizes of spit – designed by Zimbabwean Colin Langley – are available, the larger catering for fully grown pigs of up to 100 kilos (including heads), with smaller sizes designed for smaller operations, as well as a specialized model for three small suckling pigs or chickens.

The safety glass used is produced by Pilkington glass and is easy to clean. Top quality British-made motors and gearboxes are mounted on rubber feet, ending in four castors, two of which swivel, the other two being fixed.

The swivel castors also brake to hold the machine in place during use and transit. Carving \ serving trays are supplied to make life easier, along with a full range of cooking and carving accessories.

The spits are fired by two individually-controlled variable power burners, with a gas consumption of approximately 2kg per hour. As gas company Repsol is an official sponsor of 'The Langley Spit', a free bottle

is supplied and delivered with each purchase.

There is a twelve month parts and labour guarantee with the machine, all products comply



with CE regulations.

Colin Langley has been designing, developing and manufacturing sheet metal products for the food, hospital and chemical industries since 1959, each requiring the highest standards of hygiene, efficient operation and reliability.

Here in Portugal, 'The Langley Spit', a small and friendly manufacturer, has been making Spit Roast Machines, for several years. The company uses 100% stainless steel for the spit, the tools and



all user parts. The most popular machine has been developed for the British market and can make the best crackling pork you can find! However the machines don't just roast whole pigs and joints, they also roast lamb and large quantities of chickens. Originally manufactured in the UK, the machines are now being made in Central Portugal and continue to supply and support the whole of the UK through a distributor near Nottingham. The machines are available for delivery anywhere in Portugal. For more information, call: (+351) 239 991 422, mobile: 912 501 752, e-mail: thelangley@hotmail.com, or see website: www.langleycc.com.

Q Garden – loving the outdoors



As one of the region's longest-established garden centres, Q Garden has everything you will ever need for your outdoor living area, offering professional expertise and assistance to ensure any choice made is the correct one.

Q Garden opened in 1993, the Dutch owners having experience in the palm growing industry which dates back to 1984, their experience beaten only by

plant rentals for parties and events, maintenance, and irrigation.

Construction of biological pools and ponds can also be catered for at very competitive prices.

The international team of assistants speak seven languages between them and have the knowledge to answer even the most avid gardener's

expertise and efforts on water-saving and low maintenance gardens, recognizing the difficulties some people are facing with high maintenance costs.

So an aesthetically pleasing garden with practically no maintenance is their bet for a more eco-friendly future.

Q Garden has just received the new collection of garden furniture and pottery, and with the new season arriving, more



their knowledge.

Located just outside Odiáxere, on the EN125, Q Garden boasts a 14.000 square metre enclosed horticulture with choices galore.

One can transform the normal shopping trip into a serene stroll in the gorgeous environment, making plant shopping a pleasure rather than a chore.

As fully-qualified landscapers, Q Garden can also cater for any size job, having all the material necessary to carry out even the most complex design.

They sell a vast array of shrubs, Mediterranean plants, trees, palms, exotic plants and fruit trees. They also sell pottery, garden furniture and fountains.

Various complementary services are offered, such as



queries.

Their aim is to offer every client a friendly, personal and prompt service.

Q Garden have special rates for landscapers.

If you are not a professional fear not; Q Garden have weekly promotions that will never cease to amaze.

For the future, Q Garden would like to concentrate their

fresh stocks are to come, including the latest furniture ranges.

Q Garden has a new opening hours; from 9am till 7pm, only closing on Sundays.

For more information please call on 282 799 633, visit their website www.qgardenpt.com, email qgarden@mail.telepac.pt or, as the best option, visit the garden centre itself.

Tofts painting and decorating services



The present dry weather and agreeable temperatures make Spring the ideal season for painting and general maintenance, both of which Toft's exceed at. With the season for home sprucing upon us, give your property an uplift, courtesy of Toft's.

According to Paul Toft, owner of Tofts, now is the time to refresh properties, particularly those used for rental purposes.

Specialist services like waterproofing on walls and roofs as well as decorative painting techniques and artistic effects can be provided. All customers have to do is decide the colour of their choice, and Toft's will efficiently and professionally do the rest, catering for both interiors and exteriors.

Small general maintenance jobs can also be undertaken including varnishing, damp proofing, and all types of joinery and carpentry.

Only top-quality products are used, at very competitive prices, offering a high standard of personalised service.

Having lived in the Algarve for many years, Paul has a good insight as to the quirks of local properties. He is familiar with

their construction and knows how to repair and maintain them to the highest standards, providing reliable, lasting solutions.

The Tofts service offers a dependable, punctual, and thorough alternative to standard makeovers. All jobs, no matter how large or small are expertly carried out to give superior results.

Free assessments and colour

charts and samples can also be provided on request.

Paul Tofts puts in the time and dedication to complete any job to your utmost satisfaction – not leaving until it is complete, and priding himself on leaving the site clean and tidy every day, even when work is in progress.

For more information, call Tofts on: (+351) 289 399 370, or mobile 918 938 004.

Trading Places focusus on the products and services of advertisers.
For information on how to be included call: 707 500 677.

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The *Portugal News* • 5 Apr 2008

PROPERTY OF THE WEEK

The magic of modern construction



This week's featured property is the first ever property in the country to be built following an innovative 'modern method' of construction, based on steel and polystyrene, its beauty and architectural individuality restricted only by imagination. Now available to everyone, this particular villa, a magnificent example of what can be achieved, was constructed from bare plot to completion in just six months, speed and versatility being two of the many advantages this energy efficient form of construction offers.

Introduced by the Faro-based Algarve Building Group, which comprises Browne-Ewall steel technology, modern construction specialists MMC, and engineering and architecture specialists Polimetria, steel frame homes in themselves may not be new, but built following this particular method, they are.

In layman's terms, this type of construction almost totally dismisses the need for any interior heating, adapts to extreme weather conditions and earth movement, and leaves virtually no carbon footprint. It is as ecologically friendly as you want it to be, and offers the most comfortable, all-embracing family living environment that could be wished for.

William A. Browne, founder of Browne-Ewall technology, discovered metal frame constructions nearly three decades ago in the USA. He was the first person to introduce them to the

UK, where they were enthusiastically received by innovative construction specialists, applauded by national building associations, and subsequently opened his own steel manufacturing plant in Loulé, Algarve. His UK home has been featured extensively in many magazines, from *Good Living* spreads to *Beautiful Homes* and *Building* features. The *Portugal News* is pleased to have been invited to his home in the Algarve, to show the limitless possibilities of interior and exterior design that can be achieved with this type of construction, which he describes as "steel wrapped in polystyrene".

William Brown's luxurious, three-bedroom Algarve family home was completed in just six months, and was the first of its kind to obtain full authorisation and encouragement from the local City Hall when submitted as an 'alternative' type of construction.



struction.

"People may think that steel construction is cold, but they are very wrong", he says, "we all know just how cold and damp regular cement construction can be, especially in humid climates".

True to his words, inside William Brown's house the temperature is agreeably comfortable and is kept that way all year round thanks to clever architectural design, careful exterior shading, and intelligent use of glass. For hotter seasons, reflective or tinted glass could be even more beneficial.

In fact, Mr Browne guarantees he has only used his backup heating and cooling system once during the entire winter. This system is another new introduction to Portugal, based on innovative, highly efficient solar technology that heats and cools water, which in turn is pumped through under-floor piping to radiate cold or warmth.

Conventional means of heating and cooling can be easily in-

stalled thanks to the construction's easy adaptability in accommodating services.

With thick polystyrene providing optimal insulation ("think of a polystyrene coffee cup"), reinforced by quality external plasterboard and EIFS (External Insulated Finish Systems), bills are reduced to a minimum. Construction is complete within a third of the time conventional building takes, and, due to the steel frame, which is totally designed, engineered, manufactured and built in the Algarve, can withstand even the most extreme weather.

Downstairs, on split levels, the Browne villa comprises a contemporary, first-class kitchen and open-plan living area; on a lower level is a dining area and a second lounge, and both of these rooms open, via folding patio doors, onto a raised pool and pool terrace.

Also downstairs are two large en-suite bedrooms, both with their own terraces.

Another major advantage



with this type of construction is the possibility to include large windows and open areas, making clever use of space and light to obtain as much from the space you have to build on as possible.

Upstairs is the master bedroom, which comprises a large sleeping area, contemporary en-suite bathroom, a dressing room, and a huge private terrace.

The landing is galleried, overlooking the downstairs living area, and there is extra roof space, which could easily be converted into an office or extra bedroom.

As all of these constructions must be built on a traditional cement base, the basements make for excellent extra storage space, garages, and even wine cellars as the drop in temperatures is noticeable! The Algarve Building Group can offer the full package for building one of these innovative properties, covering all aspects of engineering, architecture, construction, design, and bureaucracy. For more information, contact the Algarve Building Group on: (+351) 289 802 344, 289 417 294, mobile: 912 882 586, or see website: www.ewall.co.uk.



From a mere plot...



...to this...



...and then this, in just six months.

DANECASA
Constructive solutions for modern living

Today's Solution For Tomorrow's Living



We have the experience • We have the choice • We have the complete solution

Come and see for yourself at our showhouse alongside the eastern entrance to Algarve Shopping on the EN125 at Guia.
Or call: 289 571 270 | www.danecasa.com | info@danecasa.com | FREE Brochure

DANECASA
Constructive solutions for modern living

A STEEL FRAME HOME

from DaneCasa is your Complete Solution!

Using the latest technology in STEEL, DaneCasa create homes that offer major advantages over traditional brick and concrete construction - Less time to build, lower cost, superior thermal and damp insulation qualities plus many other benefits, which provides comfortable living conditions all year round and also energy saving benefits





ERA SINTRA

Tel: 219 236 540

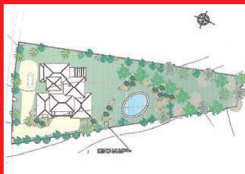
Linkstore - mediação imobiliária, Lda
AMI 5983 val. 29/04/2010
Av. D. Francisco Almeida,
19 a 21 Sintra
Fax: +351 219 236 549
E-mail: sintra@era.pt



Lourel

Traditional Portuguese 2 bedroom villa to renovate. 5 minutes from Sintra. Annex with 2 bedrooms. Excellent opportunity.

PRICE: € 180.000 REF:STR1793



Quinta da Beloura

Luxury villa in a 1,483 sqm plot of land. 493 sqm of construction area. View over golf course. Can still choose between 2 kinds of architecture and different finishings.

PRICE: € 1.175.000 REF:STR1841



Galamares

Fabulous 480 sqm plot of land. Magnificent view over the mountain of Sintra. Great location in a very quiet area. Close to the beach and Sintra. Great opportunity.

PRICE: € 95.000 REF:STR1808



Sintra

Beautiful 2 bedroom villa in a great location. Recently refurbished. Close to all amenities, tourism and transportation. High rental potential.

PRICE: € 220.000 REF:STR1477



Arneiro Marinheiros

2,808 sqm land with a 3 bedroom single storey house. The plot offers the possibility to build another house. Close to Sintra with mountain view.

PRICE: € 290.000 REF:STR1291

Uma porta sempre aberta.
www.era.pt/sintra

LAND & HOUSES ALGARVE YELLOW HOMES

Sociedade de Mediação Imobiliária Lda.
AMI 6232 - Val. 18.11.2010

For detailed information,
please visit our website:

www.landandhousesalgarve.com
www.algarve-property-search.com

Tavira: 281 320 281
Vilamoura: 289 301 294



Fonte Santa - Cacela

Beautiful T2 Townhouse w/ communal pool on small development near Monte Rei Golf & various beaches. Three bathrooms, private patio, off street parking, air conditioning, fully equipped kitchen. Sold furnished. Good value for money!

Ref: LHT-853 Price: € 199.000



Moncarapacho

Spacious, modern, open plan 5 bed villa in immaculate condition with swimming pool and landscaped garden situated in an up-market residential area. Construction size approx: 480 incl. basement with garage, plot 1377m2, built in 2006.

Ref: LHV-927 Price: € 640.000

WANTED



Good quality properties

If you are the owner of a good quality property and wish to sell,

please contact us to arrange an appointment.



Tavira

Modern, luxurious four bedroom villa on preferred location with swimming pool and garage, large living/dining room and modern Italian design kitchen with cooking island. Breathtaking views from all rooms, cov. area 430m2, built in 2005

Ref: LHV-901 Price: € 895.000



Moncarapacho

Exclusive villa (V4) with guest cottage and swimming pool located on a large fruit producing estate. Comprising of 4 spacious bedrooms, 4 en-suite bathrooms, top of the range kitchen and lot of extra's, cov. area 688m2, plot 40.700m2

Ref: LHV-904 Price: € 2.400.000



AMI 504
ESTE ALGARVE - SOCIEDADE DE MEDIAÇÃO IMOBILIÁRIA, LDA.

E.N. 125, Cevadeiras,
Vila Nova de Cacela,
8900 V. Real de Stº António
Tel: 281 951 165
Fax: 281 951 438

Centro Comer., Av. 28 de Maio
(Marginal) - 8800 Tavira
Tel: 281 370 277
Fax: 281 370 761

belosantospedras@hotmail.com
www.estealgarve.com



Neighbourhood Tavira

Typical algarvian cottage w/ a covered area of 129m2, in need of complete restoration, surrounded by 1.587m2 of land with several trees: almond, orange and fig. Situated in a small hamlet, approx. 2 Kms from Luz de Tavira and 4 Kms from Tavira.

Ref: EA 055 TCT - € 158.000



Conceição de Tavira

Attractive 2 bedroom, 2 bathroom apartment situated within an urbanization on the 1st floor, opposite of Benamor golf course, within walking distance to shops and public transport, 5 min. drive to Cabanas and beach. To be sold furnished and equipped.

Ref: EA 060 ACON - € 149.000



Neighbourhood V. Nova de Cacela

Brand new 4 bedroom, 4 bathroom villa, w/ underfloor heating (bathrooms), pre-installation for central heating, solar panels, close to various famous golf courses, walking distance to small village, 10 mins from Tavira, lovely views, surrounded by 900m2, w/ 32m2 swimming pool. Garage.

Ref: EA 058VVNC - € 490.000



Terraced house - Cabanas

In need of "TLC", this 2 bedroom, 2 bathroom terraced house on 2 floors w/ several terraces, patio area & roof terrace, within a charming urbanization w/ access to sw. pool & walking distance to Cabanas, beach/lagoon, public transport & shops. Ideal holiday home w/ brilliant letting potential.

Ref: EA 059 THC - € 190.000



Neighbourhood Tavira

High quality 3 bedroom terraced villa with central heating, air con., small garden area, swimming pool (9 x 4 m), situated in a new residential area, 5 mins. from the centre of Tavira, Cabanas/beach and various golf-courses.

Ref: EA 061 VNTAV - € 335.000

Silver HOLIDAYS

AMI 7557

A selection of our properties

Tel: 00351 289 314 312
Fax: 00351 289 314 260

info@silverholidays.com
www.silverholidays.com

Rua do Brasil,
Casa Italiana, Loja 5,
8125-479 Vilamoura



Vilamoura

4/5 Bedroom detached villa with landscaped gardens, private BBQ courtyard, sun terrace and swimming pool. Located in a quiet residential area, this villa offers the perfect holiday home or permanent residence.

Price: € 695,000 / £ 479,000



Vilamoura

Beautiful Ground Floor 2 Bedroom/2 Bathroom "Fully Furnished" apartment with front-line golf views. Wood-Burning Fireplace, Radiator Heating and Air-conditioning. This apartment is perfect for holiday rental income or holiday home.

Price: €260,000 / £179,000



Vilamoura

Large 2 Bedroom townhouse located on a nice complex at the Old Village. The house offers air-line conditioning, underground parking & storage and large roof terrace with golf and seaviews.

****Exclusive to Silver Holidays****
Price: € 420,000 / £ 289,000



Vilamoura

3 Bedroom / 3 Bathroom detached villa offering a sunny terrace with private swimming pool. Located within a few minutes walk of the new Hilton Spa resort, the villa also offers a large basement suitable for a gym/games room or 4th Bedroom.

*****Rice Reduced !!!****
Price: € 660,000 / £ 455,000



Vilamoura

Beautiful 2 Bedroom "Fully Furnished" apartment on a nice complex at the Old Village. The apartment offers air-conditioning, underground parking & storage & has a nice balcony overlooking the swimming pool & gardens.

Exclusive to Silver Holidays
Price: €315,000 / £217,000

Villas Luz

Soc. de Mediação Imobiliária, Lda
AMI 3728

Av. 25 de Abril
Edifício Miramar, Loja B
8700 - 038 Fuzeta

Tel.: (+351) 289 798 099
Fax.: (+351) 289 798 101

office_villasluz@sapo.pt
web.: www.villasluz.com



S. Brás de Alportel

Beautiful 3 bedroom villa with carport, mature garden and 4x10 Swimming pool set in a quiet location in a popular and sought after urbanisation... Great Price!!

Price: € 345.000,00
Ref.: EH-SC-VIV-0004
Call: 915 599 244



Tavira

Fantastic 3 bedroom duplex apartment plus a 40sqm attic, with AC and fully equipped kitchen. Within 8 min. walking from the town centre... Opportunity!!

Prices from: € 179.000,00
Ref.: CB-APT-0070
Call: 915 599 252



Olhão

1, 1+1, 2, 2+1 and 3 bedroom Marina apartments located next to the new Marina in Olhão and next to the future 5 star hotel. Unique opportunity for a superb location!!

Prices from: € 205.000,00
Ref.: CB-EMP-0006
Call: 962 335 514



Fuzeta

Great 3 bedroom Villa located in Fuzeta, with very good finishings, near all amenities, close to the beach and ferry to the islands. Excellent opportunity... Fantastic price!!

Price: € 250.000,00
Ref.: MG-VIV-0107
Call: 915 599 243



Moncarapacho

Charming traditional little cottage to rebuild or refurbish set in a 365sqm plot in the countryside with good access.

Price: € 160.000,00
Ref.: MG-VIV-0109
Call: 915 599 243

GO EAST

...and find the perfect location



A family holiday village that is only 800 metres from the sea

T +351 289 320 180
www.opomar.netnewlyn
your partner in development

75% Sold

VILAGENTE

SOCIÉDÉ DE MÉDIAÇÃO
IMOBILIÁRIA, LDA.
AMI 489

Edifício do Cinema, Loja 3

Vilamoura,
8125-432 Quarteira
Algarve - Portugal
Tel: 289 314 486
Fax: 289 315 578
vilagente@mail.telepac.pt
www.vendavilla.com

Vilamoura

Situated in a quiet area, 2 bedroom apartment composed of 2 bathrooms, lounge with fireplace, kitchen and terrace. Communal swimming pool and garden area. Exterior parking space. Furnished and equipped. Construction area - 97 sq.m.

Ref: A1140 Price: € 175,000



Vilamoura

Attached villa composed of 3 bedrooms, 3 bathrooms, lounge with dining area and fireplace, equipped kitchen, storage, laundry room, various terraces and roof terrace. Exterior parking area, communal swimming pool and garden area.

Ref: V12548 Price: € 350,000



Vilamoura

Spacious apartment composed of 4 bedrooms, 3 bathrooms, lounge w/ dining area, equipped kitchen, storage and large terraces. 2 parking spaces and storage in the basement. Communal swimming pool and garden area. Const. area - 190 sq.m.

Ref: A1232 Price: € 475,000



Pereiras

Beautiful villa composed of 4 bedrooms, 4 bathrooms, 2 lounges, dining room, kitchen, storage and laundry room. Swimming pool and garden. Plot area - 5.080 sq.m. Construction area - 380 sq.m.

Ref: V12446 Price: € 995,000



Pargal

Beautiful and spacious villa composed of 4 bedrooms, 6 bathrooms, lounge w/ fireplace, dining room, equipped kitchen, laundry room & terraces. Garage & barbecue. Swimming pool & garden. Sea view. Plot area - 2.100sqm. Construction area - 500 sqm.

Ref: V12549 Price: € 1,200,000



Vigia Estates

Properties in the
Western AlgarveFor more information call
(00 351) 282 690 073

or email

www.vigiaestates.com
sales@vigiasa.com

Quinta da Fortaleza

- 2 Bedroom, 2 Bathroom
- Studio Apartment
- Roof Terrace
- Fitted Kitchen
- Close to Beach
- Jacuzzi

€495,000



Parque da Floresta

- 3 Bedroom, 3 Bathroom
- Open Living/Dining Room
- Air Conditioning
- Golf Course & Ocean Views
- Golf Rights
- Private Swimming Pool

€845,000



Quinta de São Roque

- 2 Bedroom, 2 Bathroom
- Open Living/Dining Room
- Furnished
- Underground Parking
- Golf Discount
- Communal Swimming Pool

€260,000



The View, Salema

- 2 Bedroom, 2 Bathroom
- Underfloor Heating
- Breathtaking Sea Views
- Pool & barbecue
- Roof Terrace
- Golf Discount
- Communal Swimming Pool

€450,000



Parque da Floresta

- 2 Bedroom, 2 Bathroom
- Fully Fitted Kitchen
- Underfloor Heating
- 6 Terraces
- Golf Rights
- Communal Swimming Pool

€56,500 Twelfth Share

AMI Nº 7154

Elly van Hulst

The fastest real estate agent in
the Algarve(former World Record Holder
3.000mts running '89-'01)

www.property-runner.com

Tel. +351 289 842 992

between Loulé and S. Brás

AMI 6392



Santa Catarina

- Old cottage on the hills
- Lovely country views
- 3 habitable rooms
- Needs kitchen & bathroom
- Stone building & oven
- Cottage 109+m² plot 210m²

Ref: C1084
Price: € 110,000

São Brás de Alportel

- Lovely spacious villa
- Beautiful country views
- 4 bedrooms 3 bathrooms
- Heated pool 10m x 5m
- Basement & garage
- Villa 230m² plot 8200m²

Ref: V1014
Price: € 990,000

Central / East Algarve

- Over 100 ruins / terrains
- From € 50.000
- To over € 2.000.000

View Details in:

www.property-runner.com



Altura

- Attractive new villa
- 3 kms from beach
- 3 bedrooms 2 bathrooms
- Pool & barbecue
- Garage & garden
- Villa 182m² plot 450m²

Ref: V1079
Price: € 370,000

Moncarapacho

- Superb large quinta
- Separate guest house
- Total 6 beds, 5 baths
- Large indoor pool
- Tennis court, garage
- Bldgs 505m² plot 44.480m²

Ref: V1049
Price: € 1.300,000ALGARVE EDEN
PROPERTIES
Real Estate Agents
R. Engº Duarte Pacheco, nº134
8135-104 AlmancilTel: +351 289 399 818
Fax: +351 289 399 820
Mobile: +351 961 386 829aep-info@algarve-eden-
properties.com
www.algarve-eden-
properties.com

Boliquireime

A magnificent location for this brand new 4 Bedroom Villa, nearing completion & available to finish to the buyer's requirements. Fantastic 180 degree sea views in an elevated position & close to all amenities of the Algarve. Not to be missed!

Ref: 196LLE-M Price: € 795,000



Dunas Douradas

Excellent 4 bedroom Villa w/ 2 floors in Dunas Douradas between Vale do Lobo & Qª do Lago. Fully equipped kitchen & fully furnished. All bedrooms en suite. Large living & dining room w/ fireplace & glass doors leading to Patio. 5 mins to Golf Courses, beach & all amenities.

Ref: 186LLE-M Price: € 850,000



Stª Bárbara de Nexe

Most beautiful location for this 5 bedroom Villa w/ fantastic sea views & set in beautiful established gardens, including a restored Windmill. 5 bedrooms (2 en suite), very large-south facing lounge, leads to patio & pool & views of Ria Formosa Nature Reserve.

Ref: 215FAR-M Price: € 750,000



Campina

Delightful & very pleasing 3 bedroom Villa, w/ good views, nice Pool, garage & gardens, just been redecorated throughout. 2-car parking plus garage space. Just north of S. Brás Alportel, central heating. Could separate for holiday lettings. Really good value for money.

Ref: 198SBA-M Price: € 380,000



Calçada (S.B. Alportel)

Delightful Quinta in quiet & peaceful location, close to S. Brás Alportel. 3 separate self contained Villas plus an annexe & Carport, all in a plot of 910 m². 5 bedrooms, 3 bathrooms, Salt-water pool, beautiful gardens & private parking. Excellent rental potential and a peaceful residence all in one, with further development potential.

Ref: 211SBA-M Price: € 415,000



Abode

AMI 1278

Sociedade de Mediação Imobiliária, Lda.

Edifício "O Galeão", Loja 3, Rua dos Pescadores

Tel: 282 356 865

Fax: 282 356 743

leohbraun@hotmail.com

www.abode-pt.com



Carvoeiro central

Top floor apartment close to Carvoeiro beach w/ large communal sw. pool, elevator, ample parking. 2 bedrooms w/ wardrobes, lounge/dining area w/ wood burner, fully equipped kitchen, modern bathroom, large roof terrace w/ seaview. Very good investment. Ref: A-235 Price: € 175,000



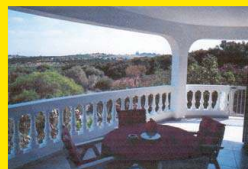
Salicos

2 bedroom apartment w/ established garden, very private BBQ area, communal sw. pool, most desirable location, close to Centianes beach. Lounge w/ wood burner, modern kitchen, w/ floor heating in bedrooms. Ideal for rental or permanent home. Ref: A-237 Price: € 250,000



Near Silves

Charming detached farmhouse on 1200 sqm plot. 2 double bedrooms, 1 shower room, spacious lounge/diner, equipped kitchen, small pantry, large covered patio. Nice garden, A/c, wood burner, garage/workshop, utility room, space for pool, own borehole. Ref: V-351 Price: € 269,000



Salicos

Spacious 3 bedroom villa, excellent location w/ view of Monchi-que mountains, on a cul-de-sac. Close to Marinha beach. On 3000 sqm plot. Open space kitchen/lounge/dining room w/ wood burner, large terraces, easy to maintain garden. Space for swimming pool. Ref: V-349 Price: € 450,000



Carvoeiro

New construction. Villa composed of 3 bedrooms, 3 bathrooms en suite, 1 studio bedroom, 2 wc, lounge, kitchen fully equipped, laundry, 4-car garage, pool, Air conditioning/heating, under floor heating in bathrooms. Large terraces. Ref: VH-459/07 Price: € 950,000

BUYING • SELLING • BUILDING LAND • DEVELOPMENTS

Massive Algarve property listing
CARVOEIRO

Tel: (+351) 282 352 100

www.algarve-palm.com



Palm Properties
imobiliária

AMI 6105

Massive Algarve property listing
SILVES

Tel: (+351) 282 352 100

www.algarve-palm.com

Mortgages available from Barclays Bank



**CUT YOUR
Energy Bill**

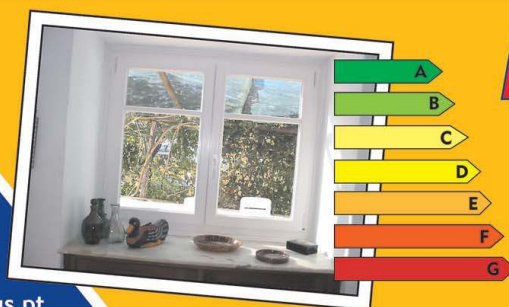
R. Serpa Pinto, LOULÉ



289 411 099

www.casadasjanelas.pt

info@casadasjanelas.pt



**REPLACE YOUR
WINDOWS**



Casa das Janelas

Ferragudo

10 mins walk from beach & 5 mins drive from golf

- * 3 bedroom, end terrace house 160m², with 3 bathrooms (one ensuite), plus a large garage/basement of 80m²
- * Fully air conditioned & fire place * Small Children's play area 100m from property * Quiet & secure location * Ideal family home.

€315,000

Call 932 845 977



VILAMOURA

Professional Estate Agents

Mobile +351 912 265 109
robert@algarveproperty.com

www.algarveproperty.com



Robert Kootstra

your professional real estate consultant

Gov. Lic. AMI 2196



VILAMOURA "PINHAL"
Ref. V71996

Lovely 3 bedroom villa centrally located in quiet area near Pinhal Golf Course. 508sqm plot w/ 331sqm constr. area. Living w/ fireplace. Spacious equipped kitchen. 3 en-suites. A/c & alarm sys. South facing garden w/ terrace, pool & BBQ. Roof terrace w/ panoramic view over Vilamoura.

Price: € 660,000.00



ALBUFEIRA
Ref. V72017

Gated community w/ reception, restaurant, tennis courts, mini-golf... Quiet area nr Albufeira town centre. Detached villa w/ 4 bedrooms (2 en-suite). 1,031 sqm plot w/ 325 sqm constr. area. Excellent finishes. Fully fitted kitchen & laundry room. Spacious living w/ fireplace. Pre installation for a/c, alarm & solar panels. Panoramic views. Landscaped garden w/ pool.

Price: € 610,000.00



VILAMOURA
Ref. V71965

4 bedroom detached villa in a cul-de-sac in quiet residential area 20 min. walk from Vilamoura centre. 750 sqm plot w/ 330 sqm constr. area. Spacious living w/ fireplace, 4 en-suite bedrooms. Fully fitted kitchen. Office. Finished to high standard. Garden w/ pool, BBQ area. Alarm sys. A/c pre install. Brand new. Investment opportunity.

Price: € 850,000.00



MARINA VILAMOURA
Ref. A82124

Spacious apartment on prestigious complex. Swim. pool. Constr. area 85sqm. 2 mins walking to Marina and beach. Fully fitted kitchen. Totally furnished & equipped. Excellent finishes. Large balcony w/ excellent sun exposure & sea views. Underground parking space. Excellent letting potential.

Price: € 272,500.00

Detached Big Villa - Home with Income - Alvor / Praia do Vau

OPPORTUNITY Top Price: €549,000.

- Built in 2000 to the highest standards. 8 bedrooms, 344m² living area on different floors
- Quiet and small urbanization, pool, garden, terraces, lovely country views
- Walking distance to the village, very near to beach. Sea Views

Ref.: S246



Detached Villas & Homes with Income in Different Areas

- **LAGOS AREA**, S194. 6 bedrooms plus (several apartments), very quiet area, not far to the beaches. €699,000.
- **MONCHIQUE AREA**, S23. Huge villa with self-contained apartment with 2 bedrooms, sea views from the distance, pool, garden, terraces, lovely countryside. €550,000.
- **MONCHIQUE AREA**, S76. Composition of 4 houses with total 5 bedrooms, pool, 180m² living area, terraces, on 2.200m² land, €200,000.
- **SILVES/MESSINES AREA**, S83. Rural property w/ main house & two houses to let: each 2 beds, lounge, kitchen & bathroom. Fenced plot, lovely garden w/pool in unspoilt countryside. € 599,000.



info@togofor-homes.com
www.togofor-homes.com
Office Tel.: 282 432 004
Shop in Alvor
Mobile: 917 472 273 / 7

Spacious Townhouse with Sea Views and Own Pool in Pêra

PROMOTION PRICE for quick sale: €349,000.

- Newly built, quiet area, cul-de-sac, walking distance to the village, near to the beach and Salgados golf course.
- 3 double bedrooms plus one extra room
- Big living kitchen with lovely views
- Pool w/garden, terraces & balconys w/sea views
- Spacious garage w/utility room, great potential.

Ref.: ST262



Unique Townhouses in Different Areas

- **VILA DO BISPO**, ST233. 3 bedrooms, 140 m² living area, patio. €189,000.
- **LAGOS, MEIA PRAIA**, ST182. 2/3 bedrooms, lovely sea views. From €360,000.
- **ALVOR/PORTIMAO**, ST268. Exclusive resort, 3 bedrooms. From €250,000.
- **ARMAÇÃO DE PÊRA**, S266. Quiet, huge house, ideal for home with income, sea views. €425,000.
- **ALGOZ**, ST295. Very quiet area, 2 bedrooms and mezzanine for extra space. €199,000.
- **PERA**, ST261. newly built, quiet area, walking distance to village, nr beach & Salgados golf, 3 beds, big living kitchen, patio w/BQ, sea views. €250,000.
- **CABANAS**, ST204. Front line position. Ria Formosa / sea, 2/3 bedrooms, holiday resort. €500,000.



info@togofor-homes.com
www.togofor-homes.com
Office Tel.: 282 432 004
Shop in Alvor
Mobile: 917 472 273 / 7

ALGARVE REMOVALS



Weekly removals service to and from the Algarve with full packing & storage facility in the UK & Algarve, from 1 box to full or part load shipments.

- > Transportation of cars, boats & motorbikes
- > Local removals and deliveries within Algarve
- > We guarantee your peace of mind & safety of goods

The General, Main Road, Boreham, Chelmsford, Essex CM3 3HJ

UK- Tel: 0044 (0)1245 468888

Mob: 0044 (0)7711 179842

Algarve- Tel: 00351 289 513851

Mob: 00351 969134801

Email: sales@algarveremovals.com

Web: www.algarveremovals.com



Detached Big Villa with Income - Lagoa / Porches - Top Price

due to exchange rate NOW: €545,000.

- Near to the international school in Lagoa, quiet area, big plot, lovely views.
- 260 m² living area plus terraces, pool, space for tennis court.
- 2 apartments, one studio under one roof. Big potential, all with separate entrances.

Ref.: S257

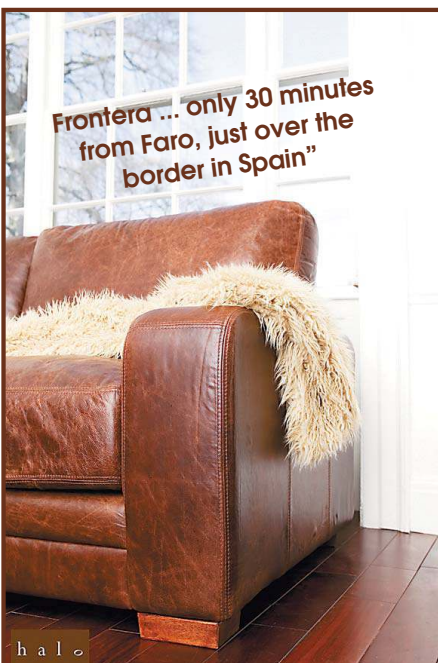


Detached Villas & Homes with Income in Different Areas

- **SÃO BRAS**, East Algarve, S168, rural property with annex & neighbouring buildings. 450m² living area on 4.670m² plot, walking distance to village, very quiet. Lovely countryside., € 550,000.
- **PADERNE AREA**, S197. Main house, 2 bedrooms, studio, pool, garden, terraces, lovely views. €295,000.
- **MESSINES AREA** near lakes, S275. Huge country house, 5 bedrooms on 20.000m² plot, 225 m² living area, pool, garden, terraces, beautiful views. €795,000.
- **MONCHIQUE AREA**, S190. Huge property, 6 bedrooms, 15.000 m² plot, several guest houses, 550 m² living area, Spacious pool with island, sea views in the distance. €749,000.



info@togofor-homes.com
www.togofor-homes.com
Office Tel.: 282 432 004
Shop in Alvor
Mobile: 917 472 273 / 7



Frontera ... only 30 minutes from Faro, just over the border in Spain"

frontera.

furniture-muebles

- Complete home furnishing service
- High quality interior and exterior furniture
- Contemporary and classic UK furniture
- UK beds and mattresses, including divans
- Comprehensive range of rugs, art and accessories

Open

10am – 8pm Mon to Fri
10am – 2pm Sat

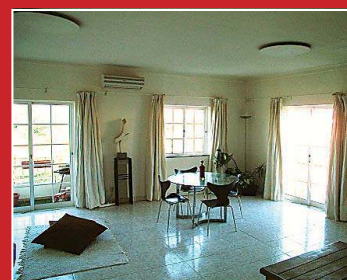
Where to find us

55, Muelle de Portugal, Ayamonte, Spain
Tel.: 0034 959 470 971
sales@furniturefrontera.com
www.furniturefrontera.com

Well located T3 apartment in Lagoa

Top floor T3 Apartment excellently located on the outskirts of Lagoa, with views across the fields, while being a stone's throw from a gymnasium, theatre, police station, health clinic, school and shops. Situated in a pretty, landscaped cul-de-sac, the apartment has a light and spacious lounge overlooking the countryside, three bedrooms, two bathrooms, kitchen and two balconies. Being only 5 minutes drive to the beach and various golf courses makes it an ideal holiday home and a great investment.

Type: T3 or lux T2 • Size: approx 100m²
Price: €130,000
Call 912 738 730
or email: mail@infiniteinspire.com



private sale

Beds ■ Living ■ Outdoor ■ Sofas ■ Design ■ Accessoires ■ Linen ■ Towels



We make buying Quality Furniture a **Breath of Fresh Air**



- Purchase as much or as little as you want
- Specialist in tailor made furniture Packages

www.furnishyourabode.com

telephone +351 282 762 070 - mailto: info@abode-group.com

furnish your
Abode

PLANET SOFA



Calico Park
ALGARVE PORTUGAL

Your own home on the Eastern Algarve from €50,000

Calico Park is an all year round, fully residential park set in 9 Hectares of rolling countryside on a south facing hill overlooking the Village of Vila Nova de Cacela. 11Km from Tavira and 11Km from Vila Real de Santo Antonio and the Spanish border, Calico Park really is in the perfect location. The park is laid out in discrete phases and each home has a large plot with landscaped gardens and parking for your car. Most of the homes have a sea view, as the coast is only 7Km from the park.

The park has a large swimming pool, Bar and Restaurant, Internet Café, 24 Hour security and daytime reception. Calico Park can offer Mobile homes, Park Homes and Timber lodges from both UK and European manufacturers

If you would like more information regarding the Park or our homes, or you would like to arrange a visit please call: (00351) 281951360 or (00351) 915190480 Alternatively email us at dave@calicoparksales.com or visit our website at www.calico-park.com

Please note: visits to Calico Park are by appointment only



Mosquito Blinds R Us



Feel the breeze



Our unique magnetised interior / exterior window design

Measured by us for you in **72** hours of order being placed

1m sq window only **€59** fitted

We fit to any shaped window!!

Sliding window / patio screen. Pet guard optional. Also Mosquito door screens.

Fully guaranteed for 12 months!

Tel: Mosquito Blinds R Us for a quotation today on
282639168 or 914545019

e-mail: mosquitoblindsrus@yahoo.com

FREE
outdoor fly trap

ACROSSTHEALGARVE.com

PLEASE RING: CARLA 961 518 152



**NEW 4 BEDROOM VILLA
GOLDRA - LOULÉ**



750.000€

**4 Bedroom, 5 Bathrooms
591 m2, Plot 4800 m2
Modern Luxury Construction
Huge Terraces, Swimming Pool
Garden, Carport, Heated**

**V2 + T1 FLAT, HILLTOP PEDREIRAS
SÃO BARTOLOMEU DE MESSINES, SILVES**



495.000€

**3 Bedrooms, 3 Bathrooms
400 m2, 3.200 m2 Plot
Built 2000, 4 Terraces
Quality build, Swimming Pool
Large and mature gardens**

ACROSSTHEALGARVE.com



Absolute

The **ONLY**
Complete **HOME** Furnishing Company
From **START** to **FINISH**



Located in Ayamonte Spain, just 30 mins from Faro, we are the leading Complete Furnishing Company in this area. At our store you can select all your bed linen, towels, kitchenware, lighting, furniture and decorative accessories. We carry out all installations of curtain poles,

bathroom accessories and lights. We also supply and fit air conditioning. Why not call in for some friendly help and advice with regard to making your new house a home.

Save €€€'s Buy in Spain

Tel.: (0034) 959 321 959

Mobile: (0034) 667 695 751

www.absolute-furniture-packs.com



RE/MAX
LAGOS

BUYING OR SELLING?

GIVE YOUR
PROPERTY ALL THE
ATTENTION IT
DESERVES!



For professional and honest advice call:
Anica de Kruijf



akruijf@remax.pt
Mobile (+351) 966 88 92 90
www.remax.pt/lagos



Spacious villa near Aljezur, now divided in 2 apartments, Gr.fl. apartment with 2 bedrs, living, kitchen, bathr. 1° fl. Apt with 3 bedrs., 2 bathr, livingr, kitchen. Plot ca 1000m2, big garage, terraces and balconies. **Price: €250,000.**



Splendid topfloor apartment in the luxurious complex Foz da Ria with fantastic sea- and riverview. Heated pools, gym, garden, garage and storage. Fully (very stylish) furnished and equipped. **Price: €330,000.**



Apartment with magnificent seaview on Meia Praia in complex with heated pool, parking and garden. 2 bedrooms, livingroom with fireplace, kitchen, 2 bathrooms. Fully furnished and equipped. **Price: €318,000.**



Plot to build a villa (and/or rebuild existing warehouse) on very nice and central location in Sagres. Near to all services and infrastructure. **Price: €100,000.**



Best of the Bunch

Camellia

These bold, blousy beauties add a touch of old glamour to the

spring garden, producing big single or double rose-like flowers in all shades of pink or red as well as

white. They are fairly big evergreen shrubs which reach 2m x 2m (6ft x 6ft) and their glossy green foliage makes an effective backdrop for smaller plants which bloom later in the year.

Good varieties include C. x

From plot to plate

Cauliflower

They've a reputation for being difficult to grow, but if you give them the right attention you can grow cauliflowers all year round. They need rich soil, regular watering and plenty of space, particularly if you are growing winter cauliflowers which mature in spring and take up space in your vegetable plot for a long time.

Summer cauliflowers can be sown now in small pots, or outdoors in a seedbed, although early sowings need to be protected with cloches in northern regions of Portugal if frost is forecast.

Once they are big enough to be transplanted in about six weeks' time, space them 60cm apart and water well until they

are established. Leave 70cm between winter varieties. If you don't water them in well or let them go short of water in summer, very small heads will form quickly. Winter varieties should

be transplanted from mid to late-summer to stop leaves forming among the curds.

In summer, bend a few leaves over the developing curd to protect it from the sun, while winter crops should be sheltered from any frost by breaking a few leaves over the curd.



Cauliflowers can be cut while they are still fairly small, preferably in the morning when the heads still have dew on them. You can keep them for several weeks before use by keeping them upside down in a cool shed.

Spring is here! So are the new collections



moveison

Algarve's Finest Outdoor Living Store

Visit our website www.moveison.com

EN 125, Chincicato

8600-344 Lagos

Tel: 282 798 101

Fax: 282 799 056

email: info@moveison.com



Perk up your fishpond in spring

1. Feed fish sparingly and gradually increase frequency as the temperature rises.
2. Remove any sediment and complete a 25% water change, using a water conditioner when you refill your pond and add a general disease remedy to help fight any harmful bacteria.
3. Clean your filter in pond water and spray off any foam with a hose.

If you have a problem with your water CONTACT US

- Bore Hole
- Pumps
- Water Treatment
- Repairs & Assistance
- Geological Studies



Guaranteed after sale service

Americo Soares

Mobile 966 387 338

Tel 289 823 748 i Fax 289 864 496

americo.soares@portugalmail.pt

Widest choice of plants, trees, house and waterplants
Landscaping • Irrigation
Renovation • Maintenance • Fencing
Garden sheds • Furniture
Water features • Plant rental
Ceramic, Mediterranean & Portuguese Pots

www.qgardenpt.com

E.N. 125 Odiãxere - 8600 • Lagos • Tel 282 799 633

Lic. Prod. 2449 • Alvará (L.N.C.I.) 43415

OLIVEIRASDEPORTUGAL

Come and see our huge variety of olive trees

Tel: 282 799 537 / 919 845 659 / 961 345 276 Fax: 282 799 840
EN125 Odiãxere - 8600-256 Lagos

Email: info@oliveirasdeportugal.com Msn: ecosistemasol@hotmail.com
oliveirasdeportugal.com, ecoliveiras.blogspot.com, ecosistemas.com

Chelsea Flower Show?*

Landscape Gardeners and Garden Centres are invited to participate in

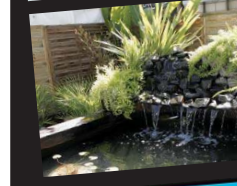
The Portugal News LANDSCAPE GARDENER Spring 2008 Award



At the International Algarve Fair on 10 & 11 May plots will be available for Algarve's top companies to show several thousand visitors what they can do.

The winner will receive:

- The Portugal News Landscape Gardener Spring 2008 Award
- A free stand
- A full page editorial feature in The Portugal News



The editorial will be available on The Portugal news website for one year and can be accessed from the winner's site, and used for publicity.



To book your plot Call the Fair hotline on 282 380 317

*not the Chelsea Flower Show, but the Algarve's best!

Providing honest & reliable service for over 20 years.
Professionalism and craftsmanship guaranteed.

- Irrigation Systems
- Water Features & Ponds

Landscape

Construction • Design • Maintenance

- Personalized Grounds Maintenance Programs

Call Joe for your free estimate 913 407 507 or 289 328 255
Bilingual Contractor (English/Portuguese)
E-mail: geraldspaisagismo@hotmail.com



ARCHITECT & CIVIL ENGINEER

ARCHITECTS

Algarlinea

Architects and Engineering Office
Civil construction and repairs

João Gonçalves

Urb. Parque do Moinho, lote nº5-A, loja nº 4 - 8600-719 Lagos
Tel. 282 782 628 Mob: 917 621 313
Email: algarlinea@lagos-net.com



CONSTRUCTION

João Nunes

Building your home

Since 1989

We provide:

- Professional accompaniment
- Personalized work
- Top quality materials
- The best quality and keep the deadline
- The permits and authorizations
- FREE written estimates and guarantees

Contact us, and

Let your dreams come true!

New Home Construction, Extensions, Renovations, Home Repairs,
Building Management, Construction Supervising

www.joao-nunes.com

Av. José Costa Mealha Nº131-A, R/C Dto. 8100 - 500 Loulé
Tel. 289 417 867 Fax. 289 417 869 Mob. 966 570 158 jn.geral@gmail.com

Build 4-U

Home Construction

Over 20 years operating throughout Portugal

New Build – Renovations – Extensions – Repairs

Our Team – Builders – Plasterers – Tilers –
Carpenters – Electricians – Plumbers –
Painters & Decorators

Working with our Civil Engineers &
Architects we can offer full - Design /
Projects & Planning approval

BUILD – 4 – U – LDA. Construction

Rua 5 de Outubro, 84, 8135-101 Almancil
Contact: Alan McCormick on 919356749
info@build-4-u-lda.com | www.build-4-u-lda.com
Fax: 289 399570

HOME IMPROVEMENTS

The Complete Outdoor Living Specialist

ZONDA

QUALITY WITHOUT COMPROMISE

BBQs • Patio Furniture • Awnings
Patio Tableware • Patio Heaters • Hot Tubs

EN 125 700m West of Quatro Estradas
Tel. 289 356 233 • Fax. 289 356 234
sales@zonda-thebbqshop.com
www.zonda-thebbqshop.com

KeySafe™

The Safest place to store your keys

Manufactured by GE.
2 year Warranty.
Durable Cover
3 Sizes

Trade Discounts

Telephone 282 698 693

www.keysafe.pt



the **yorkshire linen co.**
home furnishing superstores

A great range of bedding quilts,
sheets, towels, throws, mattress protectors
& much more

Quality products at excellent prices.

Discounted Trade Accounts Available
For a trade appointment or details of our stores

Telephone 282 695 591

All property pages can be viewed
on-line free of charge

The drinking water experts on the Algarve

at home with water
cool-oasis



- Purification of mains or borehole water
- World-class filtration by Doulton®
- Full range of chillers and dispensers
- 3rd tap 'filter-only' systems from €325
- Water testing available

Removal of chlorine, bacteria and other harmful
contaminants whilst retaining essential minerals.

Never buy bottled water again

www.cool-oasis.com algarve@cool-oasis.com Tel: 966 771 386
Visit us at our showroom in Fonte de Boliqueime

TECNOLHÃO, Lda.



AIR CONDITIONING

Mitsubishi - Carrier - Whirlpool - Thor

SOLAR ENERGY



Solahart - Megusun - Sonnenkraft - Rigsun

Automation pools
Central heating

Home Improvements

919 778 395

Rua do Alportel, nº183, 8000-290 FARO

Tel/Fax: 289 806 244

e-mail: tecnolhaolda@sapo.pt

Call our ad hotline on 707 500 677

To place a property directory ad,
email bella@the-news.net

PIECE BY PIECE LDA
INTERIOR AND EXTERIOR PAINTING
SERVICES

SPRAY PAINTING - DRY LINING

**New Builds
Refurbishments**

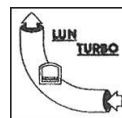
Villas, Condominiums & Apartments

All enquires contact Jay Michel

914 315 580

e-mail: piecebypiecelda@hotmail.co.uk

LUNTURBO, Limitada



Workshop:

Quintadas
Palmeiras,
opposite
Modelo, SILVES

- Wood Burning Stoves
- Swedish Concept
- Home Heating
- 500W Marble Heaters
- Wrought Iron Work

www.lunturbo.novambiente.com
Email: lunturbo@clix.pt Mobile 917 234 218
Tel.: 282 445 445 Fax: 282 445 504

21 Years of Excellent Service in Portugal

INTERIORS

Furniture World

Tables, Chairs, Beds, Chests, Wardrobes,
Coffee Tables, Bookcases and lots
more...



Solid Wood Furniture
All at Realistic Prices

Urb. da Marateca
Lote 5, Chinicato, Lagos

Lagos Portimão
EN125
2km from Lagos
Next to Solimite

Tel: 282 798 263

LUZDECOR

Mobiliários, Cortinados e Decorações Interiores



Now you've bought your dream home in the sun - let us do the rest
The complete Turnkey package.
Tailor made to suit your property and your purse
Inc furniture curtains lighting crockery
linen and in-house design service at no extra cost

Patricia Finch
Showroom: Lote 38, Vila das Acacias, Praia da Luz 8600 - 124 Lagos
Tel. 282 789 849 Mob: 917 771 831
E-mail: patsy@oninet.pt Visit: www.luzdecorhome.com

Bedrooms Extra*The biggest 'British Bed' retailer in the Algarve*

All in stock next day delivery

Sofas now in stock**Relyon**

Furniture packages from €2,999

The Best Beds in the World

Sprung Slumber Sister Company to Relyon

Large selection of dining sets

Dura Beds with their great Perfect Scents lavender mattresses

Full range

Over 100 bedrooms on display All Different

Over 500 - Pocket - Pillow top - Elastacoll Orthopaedic - Coil - Mattresses in stock

Tel: 282 762 383

Fax: 282 792 113 | E-mail: sales@bedrooms-extra.com

Website: www.bedrooms-extra.com

Torre, Odiáxere 8600 - Lagos

If you have seen the rest, please come and see the best.**MÓVEIS MALHEIRO**

Come and see for yourself!



Urbanização do Malheiro - Ruas das Acácias
Lote 4-8500-331 Portimão
Closed for lunch from 1pm to 3pm
Tel. 282 491 583
Fax. 282 492 249
Email: moveis.malheiro@mail.telepac.pt
www.moveismalheiro.com

ExChange[®]

Especialistas em Financiamentos

Financial solutions for you and your family

House Loan**Personal Loan****Debt Consolidation****282 343 150****ExChange Lagoa**

Gaveto da Rua Mouzinho de Albuquerque com a Rua dos Bombeiros Voluntários
lagoa@exchange.pt

Challenge us. We will simplify your Life.

Maison d'un Rêve
Specialists in reproductions of old furniture and furnishings

We have a wide range of reproduction and contemporary furniture and furnishings.



Tel / fax: 289 394 220
Celia: 961 724 149
Elisabete: 961 724 148

Sítio do Troto EN125

8135-030 Almancil

Located on EN125, between

Almancil and Faro, next to

Casa Curiosa.

E-mail: maison-dun-reve@sapo.pt



Bedspreads
Factory Outlet The Linen Shop

The ONLY company in the Algarve selling direct from Portuguese factories for 16 years

Poly / cotton sheets reduced to clear

Bedspreads ♦ Blankets ♦ Sofa Throws ♦ Towels ♦ Curtains ♦ Mattress Toppers ♦ Pillows ♦ Duvets ♦ and the cheapest sheets around

Open from Monday to Friday 10.30am - 6pm

13b Rua do Castelo, Alvor
www.bedspreadsportugal.com
Tel 282 457 510
Mob 968 237 310
email information@bedspreadsportugal.com

Note: Please park and find us.

Marlene L Lemos Dekker

Advogada / Advocate / Lawyer

Português / Nederlands / English / Español

Property Law ♦ Family Law ♦ Legal Advice

By Appointment Only

Mobile 00351 962 038 538

Rua dos Pescadores nr. 131, Loja 5

8400-512 Carvoeiro - Lagoa, Portugal

E-mail info lemos-juridico.com

www.lemos-juridico.com

bella@the-news.net**PROPERTY MANAGEMENT****IPC MANAGEMENT**

Villa Management • Pool Maintenance

Tel. 282 356 284/5 • Fax. 282 356 280 • E-mail: ipc.mon@mail.telepac.pt



CHLORINE FREE POOL TREATMENT

R. dos Pescadores, Edif. Galeão Lj 5E, 8400-512, Carvoeiro LGA

PROPERTY AGENTS**RE/MAX LAGOS**

AMB 6264

For professional Help with selling or buying, contact me

Mobile (+351) 967449203

email : mgmartins@remax.pt



LURDES MARTINS

www.remax.pt/lagos

Open



House

PATEO DO CONVENTO
(near the Tivoli Hotel)April 17th 18th & 19th - 10.00am to 5.00pm

Apartments with 1, 2 & 3 bedrooms and 3 bedrooms penthouses

On a condominium with private swimming pool and garden

Please call for further information and directions

Decoradora Bela

The largest furniture shop in the Algarve



We have everything in furnishing

Visit our shop in:

LAGOS: EN125 Almádena, Tel.: 282 697 387, or

PORTIMÃO: Qta Caldeira, Tel.: 282 427 054, or

E-mail: decoradorabela@mail.telepac.pt

www.the-news.net**KITCHENS**

Bathrooms & Kitchens for all budgets

Full design & Installation

Gary Rozenbroek
963 876 129

Portuguese & English spoken

**LEGAL & FINANCE****PATRÍCIA DIAS**
ADVOGADA
LAW OFFICE

Conveyancing • Family Inheritance Tax • Divorces

We speak English

Escritório/Office: Rua José Ventura Neto Cabrita, Lote 1, Loja D, 8600-774 Lagos

Telephone/Phone: 282 763 833/847
Fax: 282 763 854
E-mail: geral@patriciadias.comTo place a property directory ad, email **bella@the-news.net**

or call our ad hotline on

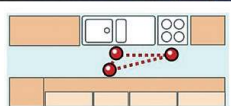
707 500 677



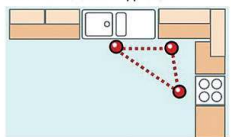
Kitchen quick fixes

Spring is a good time to sit back and take stock of your life. For some people, that means planning to move home, which in itself inevitably involves DIY.

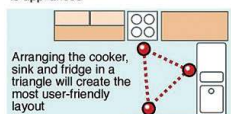
Basic kitchen design tips



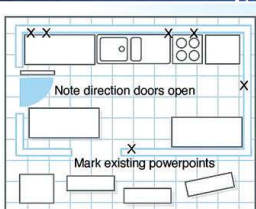
Galley kitchen gives little choice other than two facing rows of appliances and storage units. Leave at least 120cm (3ft) for a safe access to appliances



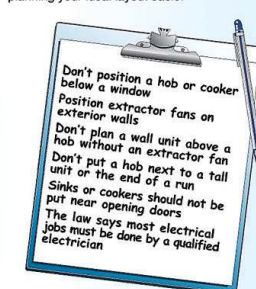
L-shaped kitchen gives a lot of work and storage space and ease of access to appliances



U-shaped kitchen is convenient as all working areas are within easy reach



Making a precise scale drawing of your kitchen with cut-outs of appliances to scale will make planning your ideal layout easier



The kitchen is one of the most important rooms when you sell, and buyers tend to steer clear of kitchens that look like they need thousands of pounds spending on them, so here are some quick and easy tips for sprucing up yours - even if you don't want to sell.

:: The layout of your kitchen is crucial because it is, above all, a practical room. If the layout isn't right, your options for changing it without gutting it and starting from scratch are limited, but there are some. The most ergonomic layout is to have the cooker, fridge and sink in a triangle in relation to each other. It doesn't matter what shape the triangle is, but it should be a triangle because these are the three things you use constantly when preparing meals. If you don't have this configuration, can you move something so that you do? Maybe you can swap appliances over, or put an under-counter fridge where you once had a unit?

:: If lack of worktop space is a problem, think how you can make what you've got go further. Microwave brackets get the microwave off the worktop, creating a surprising amount of room, especially in a small kitchen. It's essential to use the right fixings, though. If fixing to a solid wall, ensure you use Rawlplugs and long screws, and if the wall is a stud one, preferably screw into the studs, or use heavy duty toggle/butterfly screws (the packet should say how much weight they can take).

:: Suspending metal or wooden racks for pots and pans, putting attractive boxes or baskets on top of the wall units if you have high ceilings (providing there's nothing too heavy in them) and fixing utensil hooks to the walls are other solutions if you're short of space. Even something as simple as removing the dishrack when it's not in use makes the draining board seem part of the worktop and thus creates the illusion of more space.

:: Another solution is to install an island unit - if you've got room. If you haven't, maybe a slimline table or breakfast bar will give you more work space and still allow you to move around the room easily? Kitchen diners are not only desirable if you're selling up, they're also make your living space more flexible if you're staying put. Hinged tables that fold flat against the wall when not in use

Portimão welcomes new real estate

A new real estate agency has opened in Portimão, and is aptly called Villas.



Having opened only a fortnight ago, Villas' team has been digging deep to find properties to fill their empty slots for the inauguration which took place over the weekend.

So far, the pleasant, professional team has been able to gather over 100 properties, an impressive feat for a team of three.

Innovation and freshness is the motto being upheld by the young team, betting on a more personalised service where

the client will be treated with respect and patience, because Villas know buying property is not a walk in the park.

Located in Portimão, they sell properties throughout the whole district and in the future hope to open a new branch in Alvor to broaden their market.

Isabel Pereira, manager of the agency, says "There is a lot of competition in Portimão, but I genuinely believe Villas has a very good chance here due to our personalised service. We are trusting innovation, using

young, motivated and professional staff to sell houses".

The office is located on Portimão's commercial street Rua Mouzinho de Albuquerque, number 28-D. For more information please call Isabel on 962 918 684 or email: Isabel@villas.pt.



In the dark?

Shed some light on your company by advertising here ...

Call Bella Talhadas on 707 500 677

Algarve Property
VILAMOURA

Tel 00351 289 310 310 • info@algarveproperty.com

www.algarveproperty.com

How can we help you today?

Professional Estate Agents

Gov. Lic. AMI 2196

REMOVALS & STORAGE

125 UK - Algarve - Spain - Portugal

REMOVALS
TRANSPORT & STORAGE SOLUTIONS

NATIONAL, INTERNATIONAL & LOCAL MOVES

- PACKING SERVICE -

- DOOR TO DOOR SERVICE -

- ASSISTANCE - TRANSHIPS -

125 Removals, Transport & Storage Solutions

Tel: 282 968 900 • Fax: 282 969 704

EN125, Sítio da Mesquita, Edifício 1, Mexilhoeira Grande, 8500 Portimão

Email: sales@125-removals.com

QUICK FIX - short answers to tricky questions

Q: How do I drill through a tile? The drill bit keeps slipping all over the place.

A: Firstly, make sure you're using a sharp, tungsten carbide masonry drill bit and secondly, put a piece of masking tape over where you want to drill, which helps prevent the bit from slipping.

Julia Gray

David Wilson Lda

ALVARA 55928 (class 2)

Developments & Construction

Including planning & engineering drawings, through license approvals to a fast, efficient and cost effective completion.

From foundation to roof of all size of buildings, extensions & renovations. Also swimming pool construction and terracing / landscaping.

Call for an appointment
289 489 579 or 917 227 087
Email belshaw@sapo.pt
Fax 289 489 411

fogo montanha
wood burning fires



Designed and manufactured in the Algarve
Exported throughout Europe
From 915 Euros + installation costs

www.fogo-montanha.com

tel: 282 470350 fógomontanha@mail.telepac.pt

Maliki Blinked First, If Anybody Cares

Suppose the shoe were on the other foot. Suppose that the former United States had splintered into half a dozen fragments after the South won the Civil War 145 years ago. Suppose all the Arabs lived in a single, powerful state, but had no oil. Suppose an Arab military force was currently bringing peace and freedom to the oil-rich, violence-torn country of Texas. What would they be reading in the Arab newspapers five years after the occupation of Texas?

They'd be learning about the minute doctrinal differences and the irreconcilable rivalries between Catholic Hispanics and Protestant anglos, and even between Southern Methodists and Southern Baptists. They'd all know about Texas's long love affair with guns, as if that explained why Texans were killing Arab soldiers.

They'd constantly be reminded that the dominant minority in east Texas is African-American, while in west Texas it is Hispanic, as if that explained anything. Leader writers in Arab newspapers would be speculating about which of the many Texan militias could be persuaded to side with the Arab troops in the task of pacification.

Everybody in the Arab world would know far more about Texas than any sane non-Texan should ever want to know — without understanding anything at all. And then the Arab troops would go home sooner or later, and everybody in the Arab world would forget all those intricate details about Texas again.

Well, the shoe is not on the other foot. It's American troops in Iraq, not Arab troops in Texas, so it's the Western media that are filled with minutiae about the rivalries among Iraqi sects, parties and militias. We've just had a fairly intense week of it, with the Baghdad government that is dominated by two Shia parties, Dawa and the Islamic Supreme Council of Iraq, using the national army to attack the militia of a third Shia faction, that led by Moqtada al-Sadr.

There are also the Kurds (aligned with the United States but divided among themselves) and the Sunni Arabs (who were fighting the Americans last year but are mostly allied with them at the moment, though that alliance may now be fraying). But the main event last week was between the Shias.

For the record, Prime Minister Nouri al-Maliki's attempt to shut down Moqtada al-Sadr's militia, the Mahdi army, has failed. Maliki's offensive against the Mahdi army in Basra stalled after four days, with three-quarters of the city still in the hands of the militia. Meanwhile heavy fighting spread to four other cities in the south and to Baghdad itself, and US ground troops were drawn into the fighting to cover the Iraqi army's failures.

Maliki, who had been full of bluster at the start, declared himself surprised by the strength of the resistance (although nobody else was). He stopped the offensive and extended his deadline for disarming the militias by ten days. Then, after frantic scurrying around behind the scenes, a deal emerged in which Moqtada al-Sadr gently let him off the hook.

Sadr declared on Sunday that he was ordering the Mahdi army to stop fighting and get off the streets. But he coupled

that with a demand that the government stop "illegal and random raids" (that target his followers) and release all detainees (including hundreds of Mahdi army members) who have been arrested without formal charges. And Sadr's spokesman made it very clear that no weapons would be handed in.

Maliki did not argue. The offensive has been called off, and the Mahdi army is still intact. As Maliki's spokesman put it, "the government will... implement the law against those who do not obey the instructions of the government and of Sadr." The latter comes out of this confrontation stronger than ever, having faced down Maliki (with the full weight of the United States behind him), and then winning extra points for being the peace-maker.

But the saga of the past week is just more minutiae, of no great relevance to the future of Iraq, let alone of the United States. No matter who ends up running Iraq, all the American troops will go home in the end. And whatever happens in Iraq after that, although of great importance to Iraqis, will be of little interest to Americans.

This does presume, of course, that post-occupation Iraq will not be run by bloodthirsty and intolerant fanatics whose only goal in life is to attack the United States. But that was never remotely likely at any stage of the game. The notion that this is anybody's primary motive in the Arab world, even that of the bloodthirsty and intolerant fanatics who run "al-Qaeda in Mesopotamia," is just a self-centred American fantasy.

Ten years from now, all that painfully acquired knowledge about the details of Iraq's internal rivalries will be long gone from American minds. Even in Iraq, few people will remember what happened last week in Iraq or give a damn about it. And the main conclusion of the American public about the Iraq adventure, as it has long been about Vietnam, will be (as Talleyrand said about one of Napoleon's stupider decisions) that "it was worse than a Crime; it was a Mistake."

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries

His new book, "After Iraq", has just been published in London by Yale University Press.



Gwynne Dyer.



Iraqi soldiers sit in the office of Shiite radical cleric Moqtada al-Sadr in the district of Sadr City in Baghdad, Iraq on 29 March 2008. A leader in the Mahdi Army announced today that several groups of Iraqi security forces refused to fight against the Mahdi Army and surrendering their arms at the movement's office in Sadr City in Baghdad. (LUSA/EPA/SHEHAB AHMED)

Insure your property in Portugal through The Portugal News PROPERTY INSURANCE

UP TO 40%

RISK RELATED DISCOUNT
ON PROPERTY INSURANCE

This exclusive Intasure policy, underwritten by **LLOYDS OF LONDON**, has been specially designed to meet the needs of property owners in Portugal. It is available exclusively through **The Portugal News** in Portugal.

For more information, call 707 500 025. You will receive friendly advice and a quick quote with absolutely no obligation.

As an owner of a property in Portugal make sure you get the right insurance cover, designed specifically for you.

- ✓ Buy on the phone
- ✓ Instant cover
- ✓ Underwritten by LLOYDS OF LONDON
- ✓ Fully comprehensive cover
- ✓ Policy documents in English
- ✓ High level of public liability

**THE PORTUGAL
News**

intasure
Insurance that speaks your language

Call 707 500 025 for more information and a quick quote

Authorised and regulated by the Financial Services Authority

- Your cover is underwritten by one of the world's leading insurers – **Lloyds of London**
- Up to 40% risk-related discount available, depending on security, claims experience, excess level and your age
- Your property is covered whether occupied or unoccupied
- Your property is covered if let short term or long term
- Excellent discounts for choosing higher excess
- All policy documents are in English
- Policy covers your swimming pool as well as buildings
- Policy covers public liability of £5m or 7.5m in regard to buildings and contents (traditionally, Portuguese policies provide minimal public liability cover)
- Loss of rent included following a claim
- Covers the purchase of your home during the period between exchange of contracts and completion
- Covers temporary accommodation following a claim
- Wider cover than a standard Portuguese buildings and contents policy
- Wider cover than a 'community' policy
- All claims are reported to and resolved by a UK based English speaking team
- Optional Accidental Damage cover
- Off-Property Cover available
- Policy available in either GBP or Euros - Claims paid in either

Communicate:



GREEN PACK €37.49

a month which includes:

Line Rental
Either 500, 400 or 300
minutes of calls
to fixed lines

RED PACK €66.79

a month which includes

Internet (ADSL or Portable)
Line rentals (mobile and fixed)
250 minutes of calls to fixed lines
from either phone.

this price includes €10 discount
for 6 months - 24 month contract

BLUE PACK €56.79

a month which includes:

Line Rental
Internet (ADSL or Portable)
Either 250, 200 or 150 minutes
of calls
to fixed lines

GOLD PACK €27.49

a month which includes:

Line Rental
Either 250, 200 or 150
minutes of calls to fixed
lines.

World Telecom's aim in life is to make it
easier for you to communicate.

The four packs shown on this page
include line rental, internet, calls from
fixed phones and from
OneFone mobiles.

And the best news is that you receive
just one phone bill every month and
customer service is provided by our own
operators here in Portugal.

Call 707 500 600
or go to worldtelecom.pt and
say goodbye to PT.



All your telecom needs in Portugal, Fixed lines, Mobiles, Voice Packs, ADSL Fixed & Mobile
And all in English on One Bill. Just call 707 500 600 or go to worldtelecom.pt

Gourmet veggie - it's too good for rabbits

Forget nuts, tofu and bowls of what looks like rabbit food - today's vegetarian food is sexy and sophisticated enough to tempt even the most ardent meat-lover. Celebrate Veggie Month, sponsored by Animal Aid, by cooking up some delicious meals inspired by Italian experts.

Old jokes about vegetarian food being boring, tasteless and overflowing with lentils were long ago booted into touch as top chefs began turning out dishes so mouth-wateringly delicious even ardent carnivores were converted.

Vegetarian choices now hold their own on restaurant menus as diners who might not necessarily want to 'turn veggie' opt for them as tasty way of getting an essential dose of their five-a-day.

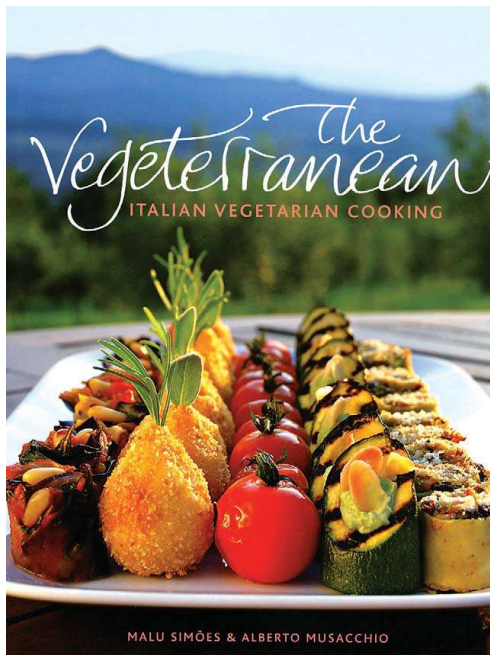
Experimenting with veggie cuisine is even easier in March as it's Veggie Month - a time when you are encouraged to find out more about the many benefits of switching to a meat-free diet.

It's sponsored by Animal Aid, which opposes animals being killed for food, and there are events throughout the country.

If you want to whip up your own vegetarian feast that's different and delicious - far too good for rabbits - there's a wealth of Italian inspiration in new book, *The Vegeterranean*.

Authors, husband-and-wife team Malu Simoes and Alberto Musacchio, who've run the Country House Montali hotel near Perugia in Italy for 14 years, reveal the secret ingredients and methods that have led to their international acclaim.

She says: "We've fulfilled our dream to redefine veg-



The Vegeterranean by Malu Simoes and Alberto Musacchio, published in hardback by Simon & Schuster, priced £25 (€31.50). Photos: Press Association

etarianism, so we can introduce people to unexpected and incredibly melded flavours and ingredients. It has left non-vegetarians awe-struck at how delectable and satisfying meatless food can be."

The book's a treasure trove of tips, and has easy to follow instructions for making sauces, stocks, pesto and other essen-

tials as well as dishes that can stand alone or make a platter, together with side dishes and breads.

Conjure classics such as Cannelloni di Ricotta, and Gnocchetti Sardi, or clever meatless alternatives to Strogonoff and a meat loaf, Polpettone di Seitan Vestito.

Gabrielle Fagan

Rullo di Spinaci e Ricotta



Finely chop the spinach and saute in medium-sized pan with butter. Season to taste and cool completely in a medium sized bowl, work the ricotta with a fork until creamy. Mix the Parmesan and nutmeg into the ricotta. Fold in the cooled spinach and mix. Season to taste, cover and set aside.

Sift the flour and salt into a bowl and make a well in the centre. Add the butter to the well and work into the flour with your fingertips until the dough resembles a coarse meal. Scoop handfuls of dough into your hands and gently rub between your palms.

Repeat until the dough reaches a sand-like consistency and all the ingredients are well incorporated. Add the egg and, using a pinching motion, work into the dough until a ball begins to form.

Knead for one minute until smooth. Pick up the dough and forcefully throw it down on the work surface 20 times. Cover with plastic film and refrigerate for 15 minutes.

Roll out the dough on a floured surface into an 28 x 33cm (11 inch x 13 inch) rectangle, short side facing you. Loosely roll dough around a rolling pin, then unroll on a large sheet of parchment paper. Use a pizza cutter to even the edges.

Preheat the oven to Gas Mark 4/180C/350F. Mix the single cream and milk in a small cup and brush the entire surface of the dough with cream. Spread the filling over the surface, leaving a 2.5cm (1 inch) border across the top uncovered. Gently roll in the sides. Using the paper as a guide, start from the bottom and roll upwards, creating a log shape.

Brush the surface with more cream. Transfer, using the paper as the base, to a baking sheet and bake for 30 minutes. Cool for a few minutes before slicing and serving.

(Serves four)

A spinach and ricotta cheese roulade is an Italian classic where spinach accompanies ricotta in a soft creamy dream. It's enveloped by a crunchy light pastry.

The dish can be prepared and baked one day in advance. Reheat at Gas Mark 2/150C/300F for 10 minutes, then increase the temperature to Gas Mark 4/180C/350F and bake for an additional five minutes.

Prep time: 45 minutes

Cooking time: 30 minutes baking

150g (5 1/2oz) spinach, cooked and squeezed

1/2tbsp butter

Salt and black pepper to taste

150g (5 1/2oz) fresh ricotta, drained of excess liquid

30g (1oz) grated Parmesan

1 pinch of nutmeg

For the dough:

125g (4 1/2 oz) flour, plus more dusting

1 pinch of salt

60g (2 oz) butter, softened and cut into chunks

1 egg, lightly beaten

1/2tsp water

2tbsps single cream, mixed with 1tbsp of milk, for brushing

Restaurant guide

ALMANCIL

Bistro des Z'Artes

International Menu
Open: 7pm every night
Rua Calvario, 69,
Almancil
Tel: 289 395 114 / 967 785 601

Shanghai Restaurant

Delicious dishes from Shanghai
Open: Daily 12.00-15.00 & 18.00-23.00
Rua do Comércio, 94 R/c,
Almancil
Tel: 289 397 642

The Battering Plaine

British Fish & Chips
Open: Mon-Sat 12.00-14.30 & 17.00-22.30.
Sundays 18.00 - 21.00
Next to the Post Office,
Almancil
Tel: 963 731 736

Don Toro Angus

Steakhouse
Steaks, gourmet burgers, fish grills & vegetarian
Open: Daily 18.00-23.00
Sítio das Escanxinas

504A, Almancil

Tel: 289 355 005

ALVOR

Food Passion

International Cuisine
Open: From 6.30pm.
Mon, Wed, Fri, Sun.
Above Caixa Geral Bank,
by the taxi rank in Alvor
Tel: 282 314 276 / 912 159 813

Faja Lobi

International & Suriname Cuisine
Open: Daily from 12:00 - 10:00pm
Urb. da Dourada, Lote 1, Alvor
Tel: 282 414 133 / 918 838 484

LAGOA/SILVES

Cattleman

International & Steak Menu
Open: 18:00 - till late
Thursday - Sunday only
Rua do Farol, 67, Carvoeiro
Tel: 282 354 088

LAGOS/LUZ

A Florestal Restaurante

Cosmopolitan menu

Open: Tues-Sat. 12.00-2.30pm & 7.00-10.00pm

Sun. Special Brunch

12-3pm

Barão de St. João, Nr. Luz

Tel: 282 687 204

Pashmina

Authentic Indian food

Open: Daily 12.00 - 2.30pm

& 6.00 - 11.00pm

Below the Church in Praia da Luz

Tel: 28789 667 / 960 433 376

Vila Palmeira

Gourmet restaurant

Open: Restaurant - 19.00 to 24.00

Bistro & Bar - 11.00 to 24.00

(Both closed Mondays)

Meia Praia, Lagos

Tel: 282 770 902

Tel: 282 762 091

Don Toro Angus

Steakhouse

Steaks, gourmet burgers, fish grills & vegetarian

Open: Daily 12.00-15.00 & 18.00-23.00

Rua Lançarote de Freitas,

12, Lagos.

(Opposite the Cultural Centre)

Tel: 282 767 234

Meu Limão Tapas & Wine Bar

Portuguese & International Tapas + full menu

Open: Daily 10.00 - 2.00am

Rua Silva Lopes, 40/42

(In front of the Golden Chapel), Lagos.

Tel: 282 767 946

No Patio

International Restaurant

Open: Thurs-Sat. from 18.30 Sunday from 13.00

Rua Lançarote de Freitas, 46, Lagos

Tel: 282 763 777

BURGAU

The Cornish Range - O Sabor da Cornualha

The taste of Cornwall in the Algarve

Rua Principal, 15, Burgau

Tel: Office 283 958 192

Shop 282 098 268

Mobile 933 831 358

Food Passion is the newest restaurant in the pretty fishing village of Alvor. Located above the bank which is just by the taxi rank, the restaurant is well signed. The side entrance leads upstairs to the stylish black, white and purple contemporary European interior. Your hosts, Andy and Karina, along with their cheerful and attentive staff, offer an international cuisine at reasonable prices. There is also a children's menu. On Fridays they serve fresh fish and chips, and Sundays a traditional roast dinner. House Specialities include roasted lamb shanks, barbecued sticky ribs, a large selection of steaks and game steaks. Look out for their forthcoming event - A wine tasting evening to launch their new winelist - which will be held on 19th April.

O Meu Limão Tapas & Wine Bar is located just in front of the Golden Chapel in a quiet, tree-lined, pedestrian square in Lagos. Your host José welcomes you to his eatery, offering a good breakfast menu as well as tapas and fullsize dishes.

Food is served all day from 9.30am to 2am. The Portuguese and international dishes are all freshly prepared by the Portuguese chef, who has world wide experience, all are reasonably priced. Vegetarians have not been forgotten and they have an excellent wine list. Situated in an ancient building, it has a light and airy Mediterranean ambience, which is enhanced by the blue and white tiles. You can choose to eat inside or outside and just relax and watch the world go by.

Pashmina - Your host, Ramin Bhasin has brought the finest Indian food to Praia da Luz. Situated in Avenida do Pescadores, just below the Church and next to a car park, it has glorious sea views from its terrace. Serving authentic Indian food, the interior decor is subdued and relaxing, and the prices offer value for money. There are both takeaway and children's menus, and a fine range of wines. The helpful staff will be happy to book your table to avoid disappointment.

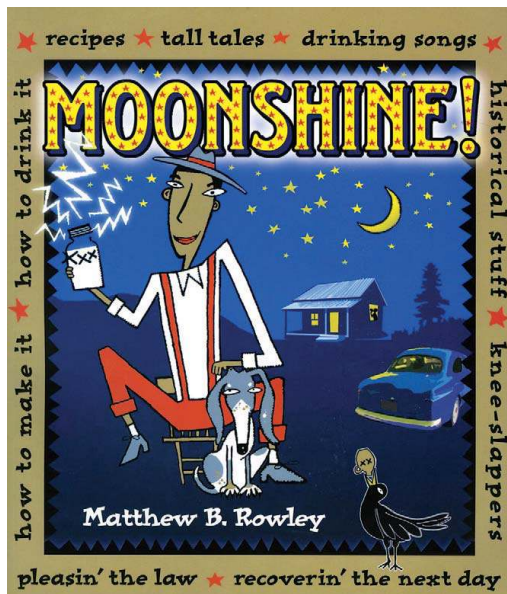
Liquid News

Moonshine conjurs up images of illegal drinking dens, and hooch that's so strong it could blow your head off.

Exploring its history isn't just a heady experience but an entertaining one in new book, *Moonshine* (Lark Books, £9.99 / €12.60). Author Matthew Rowley explores the process of producing covert alcohol - the term 'moonshine' arose because it was always done under cover of night.

But this isn't just a nostalgia trip, there are fun how-to instructions (taking into account all the legal regulations!) on building a still as well as dozens of recipes for whiskeys, brandies, grappa and a powerful cocktail of songs and vintage photos. An imbibers treat!

See what you're missing at www.the-news.net



Food News

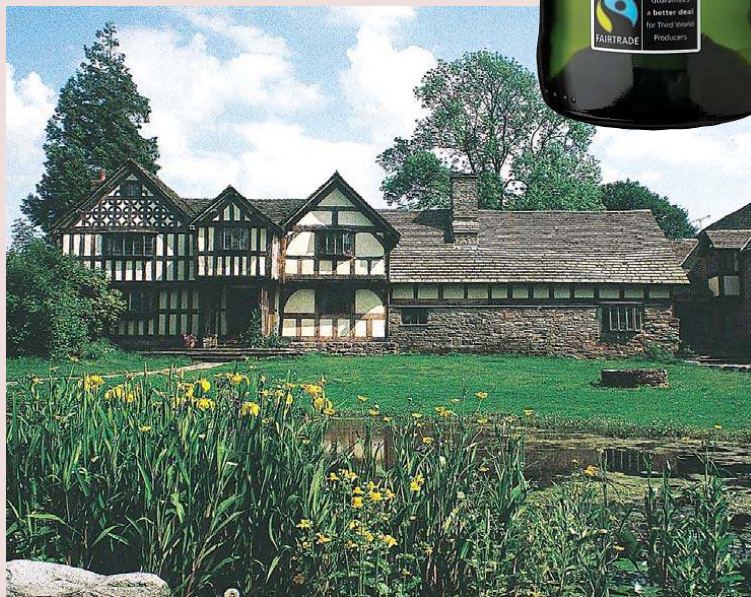
Vegetarians, or those who want to eat more healthily, could improve their skills and diet on Greencuisine courses.

Practical and hands-on sessions, using locally-grown organic foods, are run in small groups led by professionals. As well as kitchen tuition there are daily yoga classes, massage and walks in the countryside included.

Two popular ones include Food & Health (£605 / €765.50 for a five-day course) and Women's Health (£350 / €440.50 for a two-day course) centring on foods to promote health and vitality.

They're held at Penrhos Court, a Herefordshire farm on the Welsh borders, organised by chef and nutritionist Daphne Lambert.

Call 01544 230 720/
www.greencuisine.org



There's no longer any need to compromise your vegetarian principles if you're a wine drinker, as there's an ever-expanding range of wines suitable for vegetarians.

One, which also has a Fairtrade tag, is a Thandi Sauvignon Blanc Semillon. With no animal or dairy fining agents, this wine from South Africa is the perfect partner to crisp salads, veggie laden quiches, pasta dishes and gleaming vegetable stir-fries.

It would pair well with dishes such as Rullo Di Spinaci E Ricotta, one of the yummy Italian style dishes in new book, *The Vegeterranean* (B: Malu Simoes & Alberto Musacchio; Simon & Schuster, £25 / €31.50).

The wine, suitable for vegetarians but not vegans, is £4.99 (€6.30) online at www.ethicalsuperstore.com

Ditching carrier bags in reaction to eco concerns? Then match that green approach to your wine.

Australian wine producer, Banrock Station, has launched its Shiraz and Chardonnay in tetra pak format - The Ecomate.

Around 77% of the Ecomate's packaging is derived from renewable resources, and it requires less energy to produce and transport than other forms of pack-

aging as it's being made from lightweight materials.

Banrock Station Ecomate Shiraz and Chardonnay available at Tesco stores priced £6.49 / €8.20.



If YOUR restaurant is special and you want our readers to know about it, call Bella for all your marketing requirements on 914 393 736.



Food Passion Restaurant

Exciting New Restaurant

We serve only the freshest, finest ingredients in our dishes from around the world (nothing frozen about our food)

HOUSE SPECIALITIES:

Roasted Lamb Shanks • Barbecued Sticky Ribs
Large Selection of Steaks and Game Steaks

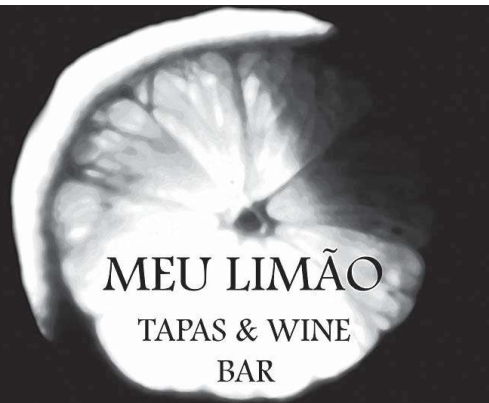
FORTHCOMING EVENTS:

19th April - Winetasting Evening to launch our NEW Winelist

Find us next to the Taxi Rank above Caixa Geral bank in Alvor

Call 912 159 813 or 282 314 276

We are open from 6.30pm, Mon, Wed, Fri, Sun
Fridays - Fresh Fish & Chips
Sundays - Traditional Roast Dinner



THE GOLDEN CORNER OF LAGOS

IN FRONT OF THE GOLDEN CHAPEL
RUA SILVA LOPES 40/42, TEL: 282 76 79 46
www.meulimao.com

PASHMINA

TANDOORI-INDIAN RESTAURANT



Open 12h00 - 14h30 & 18h00 - 23h00

Sea views on terrace
Take Away Service

Avenida dos Pescadores, Lote 3, Praia da Luz
(Next to the church)
Tel. 00351 282 789 667 / 960 453 376

Dedicated followers of fashion

Step back in time and familiarise yourself with fashions from the past five decades.

Designer looks and catwalk shows don't always dictate what's in vogue. It's impossible to buy haute couture fashion without a superstar's salary, so our budgets always have a bearing on the look of the moment.

Throughout the decades, even if there's been an absence

of cash to splash on clothes, women have always managed to recreate glamour and style on a shoestring.

New book, *50 Years Of Everyday Fashion*, takes a retrospective look back on the fashions that turned heads on the High Street.

From the 40s sweetheart

post-war years, through to 80s power dressing, revel in the memorable styles of the decades with our pick of the way we wore.

How many items did you own? And, more importantly, how many are you still wearing?

Freedom Years - 1948-1956

KEY PIECES: Capri pants, pencil skirts, circular skirts, conical bras, peep-toe shoes,

puffball skirts, net petticoats, pedal pushers.

"The launch of Christian Dior's 1947 'New Look' collection was, for women all over war-ravaged Europe, the start of a return to feminine frills," says Sheena Harvey, author of *50 Years Of Everyday Fashion*.

"On the Parisian catwalks it was obvious that the aim of the new fashion was the glorification of the female figure. After years of having to make do with the bare minimum and plain and

recycled garments, it was an exciting breath of fresh air. Wide skirts and lace trim, furs and pretty underwear, buttons and bows, they were all back... in theory.

"Even when clothes rationing ended in March 1949, we were restricted in what could be created," Harvey explains. "But with a few compromises in the width of our skirts we made our own versions of the haute couture originals."

Radical Years - 1956-1965

KEY PIECES: Shift dresses, sweater dresses, sack dresses, Chanel jackets, polo necks, pillbox hats, seamless stockings.

"Fashion began to be dictated by the young," Harvey says. "This was the era of rock and roll, cool jazz, soul and blues, of teenage rebellion and Mods and Rockers.

"For a while, clothes became simple. Shift and sweater dresses with plain belts, sack dresses which moved away from the drawn-in, wasp waist and made us look like a giant almond and long, bulky sweaters over straight trousers. We still liked our flared skirts, especially in summer, but we didn't bulk them out with so many petticoats. Sashes, cummerbunds and high belts accentuated our waistslines."

And for women who still wanted to look super-smart? "There were Chanel suits and pillbox hats," Harvey says. "Chanel's trademark fashion look was easy to copy and we were able to buy mass-produced versions that looked great and made us feel smart."

Peaceful Revolution - 1965-1970

KEY PIECES: Mini skirts, thigh-high boots, pinafore dresses, trouser suits, hot pants, hipster trousers, flared jeans, headbands.

"From the mid-60s, Op Art influenced fabric design. We went for geometric forms and patterns that looked as if they were flickering and vibrating," Harvey says.

"We could choose striking clothes in black and white checkerboards, wavy lines and spirals that created optical effects. Bright colours were in too, especially yellow, purple and orange, and we saw the Union Flag everywhere.

"We wore skinny, striped jersey dresses, with hems up to six inches above the knee, trenchcoats, big earrings, berets and granny shoes. If we were very daring, we wore PVC mini skirts with flat-soled boots, or geometric dresses with bare midriffs."

Designers producing for the mass market became coveted too, according to Harvey: "Where we shopped became very important and we had to have in our wardrobe a T-shirt with the distinctive Biba logo, a make-up bag with the Mary Quant daisy flower or a pair of Courreges boots. We weren't showing off that we had money, we were proving that we had style."

Time Fashion Forgot - 1970-1980

KEY PIECES: Velvet jackets, gypsy tops, tie-dyed T-shirts, smocks, corduroy trousers, pop socks, boob tubes.

"The casual hippie era spilled into the early 70s and influenced almost everything we wore," Harvey says.

"Ethnic fabrics and patterns that had been so revolutionary at the end of the 60s began to appear in everyone's everyday wardrobe.

"We were feeling romantic at the beginning of the era and shops like Laura Ashley and Ossie Clark's Quorum opened to cater for our most feminine side.

"We bought or made A-line,



The girls with various swimsuits dated back in 1947. (Photo: Press Association)

Centro Comercial Portimão

CONTINENTE

60 Lojas Stores **6** Cinemas Cinemas **12** Restaurantes Restaurants



Cilla Black, Petula Clark and Sandie Shaw at the Dorchester Hotel in Park Lane, London in 1965. (Photo: Press Association)

50 YEARS OF EVERYDAY FASHION

How the women of Britain recreated glamour and style on a shoestring

Yours



50 Years of Everyday Fashion from Yours Magazine. (Photo: Press Association)

and their OTT fashions and big hair rubbed off on us. No respectable top was without its shoulder pads - we found them in every type of garment, even T-shirts."

Were you young and frivolous in the 80s era? "You might have bought a puffball skirt or teamed a ra-ra skirt with footless tights and legwarmers," Harvey suggests.

"There were a lot of new synthetic fabrics in the 80s that mimicked more expensive natural products. The decade saw the real explosion in sportswear as fashion wear and what we wore to the gym also showed up around the home, out shopping, and even at parties."

Full Circle - 1990-1997

KEY PIECES: Cardigan coats, puffer jackets, combat pants, leather trousers, Adidas windpants, baggy jeans.

"The fashion trend that came through most strongly in the 90s was pleasing yourself and dressing to suit you as an individual," Harvey reveals.

"Not all the trends were new ones as the decade also paid tribute to a large number of fashions from past eras. It was a time when we were most likely to say: 'Look what's back in fashion!'"

"The trend for buying designer clothes that started in the 80s, really took off in the 90s with names like Tommy Hilfiger, Calvin Klein, Ralph Lauren and Jimmy Choo became almost as widely known as Marks & Spencer."

Lisa Haynes



A model wearing a colourful outfit beach wear by Italian designer Valentino of the Spring-Summer collection in Rome in 1973. (Photo: Press Association)

princess and granny dresses with long sleeves, high necks and floor length hems, with pretty cotton and calicos trimmed with lace. Floaty white cotton frocks, chiffon, ruffles, crocheted shawls and white Peter Pan collars and cuffs on sweet Mary Quant dresses were all popular.

"Above all in the 70s, we had colour. Bright, fluorescent, rainbow and day-glo colours, oranges, browns, purples and yellows, electric blues and shocking pinks, and we didn't care if they clashed."

Power Dressing Era - 1980-1990

KEY PIECES: Cycling shorts, shoulder pads, shell suits, ra-ra skirts, frilly pirate shirts, sweatpants, slogan t-shirts, jean jackets.

"The 80s borrowed fashions from a variety of eras, but exaggerated them to suit this more over-the-top time," Harvey explains.

"This was the decade where everything was big, bright and often, expensive. We were all watching Dallas and Dynasty

Fashion News

Get The Look

Achieve rock chick chic in a flash by chucking on a leather biker jacket a la Kate Moss. You don't have to shell out supermodel prices to achieve this look. Sugar Clothing do a twist on the classic for £180 (£226), available online at www.sugarclothing.co.uk.

Berman Babe

Want delicious designer pieces for your spring wardrobe?

You don't have to battle High Street crowds to bag a designer bargain. ASOS.com is teaming up with hot designer Sara Berman to unveil an exclusive S/S collection. The capsule collection has seven key summer styles including pretty tea dresses, ruffle trim shift dresses and bell sleeve chiffon shirts splashed in animal print. See www.asos.com

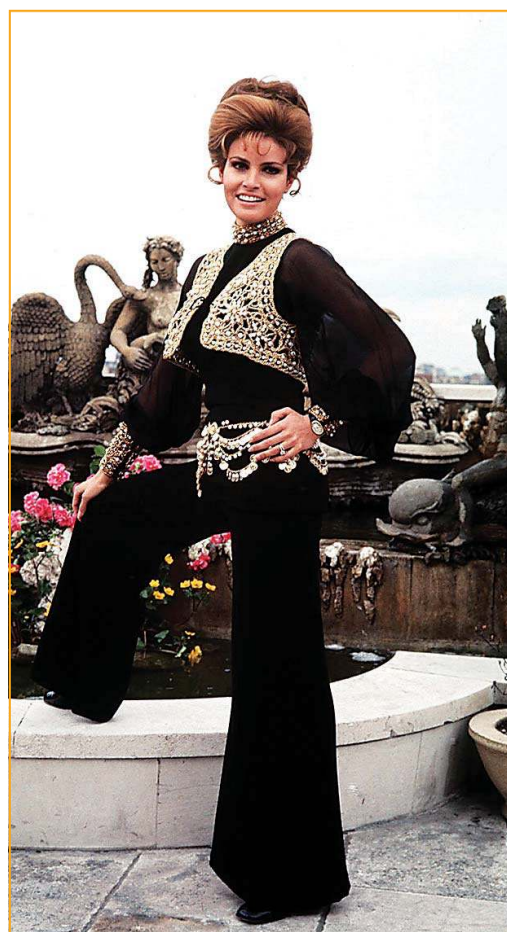
Hair Beauty

The latest buzzword in beauty right now is 'realhair', a haircare range founded by top Brit hairdresser duo Josh Wood and Belle Cannan. The range of five products are designed to think - and act - like skincare for your hair. The realhair range doesn't come cheap, but the real masque is a weekly intensive treatment to die for. Products are available from www.realhair.co.uk

Travel Pampering

Jetting off from the swanky new Heathrow Terminal 5

this summer? Check into the Elemis Travel Spa to kick off your adventure in pampered style. When you're short of time before take-off, Elemis have devised bespoke 15-minute treatments especially for travellers. You'll also find Elemis flight-friendly treatments at British Airways lounges at London's Heathrow Terminals 1 and 4 and New York's JFK Terminal 7. It's sure to be a one-stop flight to beauty heaven! For more information visit www.elemis.com.



American actress Raquel Welch, in a richly adorned, flared, trouser suit, posing for photographers on the roof of London's Dorchester Hotel in 1969. (Photo: Press Association)



Photo of models wearing suits by Nina Ricci of Paris, Left is 'Rosa Bonheur', a black and white check suit trimmed with astrakhan, and right, 'La Valliere', a violet blue jacket trimmed with astrakhan, worn over a straight black skirt. (Photo: Press Association)

Phone Alison on 282 358 014
e-mail: greening@sapo.pt

Collections
LADIES' FASHIONS FROM ALL OVER EUROPE

New season

Monday, April 7th - Friday, April 11th

Daphne's Shop, Loulé Road, Almancil • 10am - 5pm

Shop at Quinta da Praia, **ALVOR**

Mon - Fri: 10am-1pm & 3pm-6pm
Sat: 10am - 1pm

282 476 574

Moveison / Riding for the Disabled

Charity Lunch 31st March 2008



Parque da Floresta Bowling Club Finals Day

Saturday 29th March 2008



The club finals were played out at PDF last Saturday. The weather was fine, but a swirling wind made conditions difficult for the players, however they all coped remarkably well. The two wood championship was between Ron Nutter and Ken Catherall, Ken eventually winning a close and tense encounter by 12-11 after an extra end. The pairs final was between Ken Catherall and Ron Nutter and Phil Leach and Dave Forshaw, Ken and Ron taking the championship by 18 shots to 9.

The Championships singles featured the ubiquitous Ken Catherall against Peter Smith. This was an excellent and very tight game, which went to 20-20 before Pete Smith held his nerve to win

by 21-20. The Ladies singles was an equally close match between Jean Palmer Hall and Bev Forshaw. This also went to 20-20 before Bev triumphed by 21-20. The last final was the triples, which was won by Phil Leach, Dave Forshaw and Bev Forshaw by 23 shots to 11 against John Woodworth, Brian Gill and Ed Keighley.

After the matches, the trophies were presented by Janice Clarke who congratulated all the winners and commiserated with the losers after a thoroughly successful and entertaining days bowling. This marked the end of the competitive season at PDF, a season which was highlighted by the Crusaders winning the Bowls Algarve League Championship.

Telheiras Scottish Country Dance group

For a really great night's entertainment on a zero budget, come along to the ceilidh being held in Lisbon on Saturday 12th April by the Telheiras Scottish Country Dance Group. The event will take place in a recently-restored hall at the headquarters of Carnide Parish Council, Largo das Pimenteiras, 6-A, 1600-576 Lisbon, from 8 p.m. until 11 p.m. All the dances will be taught on the spot by MC, Roger Picken, but be aware that the language will be Portuguese! There will be old favourites like Dashing White Sergeant as well as slightly lesser known dances like Swedish Masquerade, but they will all be easy enough to be danced by beginners. In the breaks between dances, there will be entertainment by singers and musicians, and water and sandwiches will be available to keep body and soul together. The whole event is free, so all you need to do is come along ready to dance. There are maps of the location and a poster you can download on the Group's website at <http://telheiras.scd.googlepages.com/eventos>

"Unbelievable, that is awesome!" was Frank Bulmer's reaction to hearing that a charity lunch held at Moveison Outdoor Living Store in Lagos had raised nearly €700.

Frank who is Organiser of Riding For the Disabled Barlavento had hoped that the event may raise up to €400, so when Andre Winstanley, owner of Moveison announced the amount raised was a staggering €680, all at the well attended lunch time event on 28th March gave a big round of applause.

Chris Winstanley of Moveison who organised the lunch event was amazed at the level of support from local businesses in donating raffle and auction prizes he said, "This is a charity close to our family's heart as my mother Susan is a regular helper, twice a week sessions held at Quinta do Paraíso Alto Riding Centre in Lagos."

Frank Bulmer set up the charity in 2006 and now has a regular number of disabled young people from the Western Algarve come and experience horse riding as a way of exercise. "A lot of our riders come from NECI, a non governmental centre for disabled people in Montinos da

Luz, and according to the Head of the Centre, she has seen a marked improvement in our riders mobility".

The event which went under the title "There is such a thing as a free lunch...well nearly", was attended by a mixture of clients and business partners of Moveison and members of Wine Mine, who organised a special tasting of wines and donated 25% of all new memberships signed on the day to the charity. There was also a demonstration of BBQ cookery from a chef from Weber BBQs. All of this was supported by a great lunch and some tasty wine.

"We hope to run this type of event 3 or 4 times a year in aid of local charities, we have been in business for over 10 years here on the Algarve and it is important to give something back to the local community" said Andre Winstanley

If you would like to know more about Riding for the Disabled Barlavento or maybe volunteer as a helper please call Frank Bulmer on 919 532 864.

Moveison is situated on the EN125 near Lagos or visit the Website at www.moveison.com. Tel: 282 798 101

Let's Walk up to Picota

Wednesday April 9th

A stunning circular walk of just under 3 hours that will take you up to the summit of Picota (the second highest point in the Algarve) and along the mountain slopes. This is a moderate walk although there is a climb involved but the start is half way up the mountain to make it easier!

10.30 start at Bem Posta. Drive up to the town of Monchique and at the entrance to the town turn right along the Alferce road. Follow this road for about 1.5km when you will see a small café/snackbar Choupana on the right. Turn right, the road climbs steeply keep going until you come to a T junction at the top of the climb, the walk will start from here.



large golf umbrella
from 3,98 €

mini golf automatic umbrella
from 2,98 €

Caps
from 1,20 €

Bags
from 1,50 €

Polos
Prices from 9 € x 250

Sweats
Prices from 0,30 €

Prices from 1,50 €

Magazine
Add postage and 21% VAT
This prices includes the printing
1 side/1 color
Sales conditions:
50% with the order
50% layout approval

Artes Gráficas
Contact: 289 72 10 50 - 968 63 94 68 / inalves@mail.telepac.pt
www.inalves.com / Inácio Alves Marketing e Publicidade - Olhão

radio
RCS 101.6
92.2 • 92.4 • 103.3 FM

2,85€
X250

3,50€
X250

2,20€
X250

t-shirts
from 2,20 €

Prices from 0,30 €



A view of The Algarve Wine Society at Dinner

The Algarve Wine Society Tastes - Portuguese Varietals

On Tuesday evening, March 25th, Erla Walther, President of The Algarve Wine Society, conducted a very special tasting for 60 of the organization's members at the Hotel Colina dos Mouros in Silves. She compared five different red wines, each made from a single grape variety, known in Portuguese as "monocastas". All five – Alicante Bouschet, Aragonés (also known as Tempranillo), Touriga Nacional, Trincadeira and Syrah – were products of the Esporão winery in the Alentejo, so that the effects of climate, terroir, irrigation, methods of viticulture, etc were as nearly as possible eliminated as the wines were tasted and compared. Following a detailed examination of each of the five wines, Erla then challenged the group by "blind" tasting three of the five, with prizes going to members selecting each wine correctly.

The tasting was followed by a lovely four course dinner featuring Javali estufado com batatinha nova no forno. The food was perfectly complemented by a delicious Esporão

Verdelho 2007 branco (another monocasta) and a Quatro Castas Reserva 2004 tinto. With the crowd in a most festive mood a spirited raffle, featuring at least a dozen prizes of wine, concluded the evening. As most of the participants had decided to stay overnight (something the AWS encourages, to avoid the risk of drink driving problems), a few of the celebrants made it a very late night indeed.

Next up on the Algarve Wine Society's agenda is a tasting of Portuguese rosé wines on April 23rd at A Colina Hotel in Ludo near Almoncil. There will be a 6 day trip to Madeira in early May and the annual gourmet dinner at Vincent's in Almoncil on May 30th. Rounding off the first half year's program will be the annual summer party and golf outing on June 29th.

At the moment membership in the Algarve Wine Society is at its upper limit and there is a waiting list for entry, but if you would like further information about the organization please contact the Secretary, Larry Hampton by email - hampton@mail.telepac.pt.

Vale de Milho Golf

*Ideal for short game practise!
Ideal for family golf!
Ideal for beginners!*



Vale de Milho - A 9 hole, par 3 golf course, was designed by the Ryder Cup player Dave Thomas, to provide a real challenge throughout it's 926 metres for all standards of players. Facilities include a lounge bar, restaurant, a well stocked shop, snooker room and golf school.

"best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Doring Kindersley.

TWILIGHT PROMOTION €25

April to September - after 4:30 October - after 4:00

GREEN FEES

9 Holes Green Fee €24.00
9 Holes Green Fee Junior €16.50
18 Holes Green Fee €37.00
18 Holes Green Fee Junior €25.50

SEASON TICKETS

7 Rounds - 30% Discount
5 Rounds - 20% Discount

TO FIND US FOLLOW THE SIGNS FROM LAGOA OR CARVOEIRO
GPS Location: N37.09663° W8.44837°
Tel. 282 358 502 - Fax 282 358 497
Telm. 919 816 560
E-mails: valedemilhogolf@mail.telepac.pt
Web site: valedemilhogolf.com

**15%
DISCOUNT ON
GREEN FEES
WITH THIS
VOUCHER**

Winning track to health

Put a spring in your step and get out walking, or even running - the easiest and cheapest form of exercise. Don't let marathon runners hog the limelight, as various charity races kick off across the country, we show you how to put your best foot forward and get on a winning route to health.



You know how it is with a love affair - that initial, heady rush of enthusiasm, then it all gets a bit more routine and sometimes it tails off to become a distant memory...

It's not just the ups and downs of love we're talking about - that may also describe your relationship with exercise.

Well, guess what? You're not alone! Rather like any partnership - whether man and woman or your body and fitness - it's essential to put in effort and add interest to keep motivation and enthusiasm alive.

So if your fitness regime fell flat in February, along with the majority whose New Year resolutions now lie in ruins, it could be time to try running.

It's one of the easiest and cheapest forms of exercise which doesn't require expensive gym membership or any flashy kit.

Also, there are plenty of nationwide charity events that you could take part in over the next few months to give yourself a goal, even if, as a beginner, you just talk-the-walk and don't get much above snail's pace.

While the gruelling 26-mile London marathon on April 13 is watched by millions and inspires many, one international marathon runner, Marielle Renssen recognises: "For some watching lengthy, punishing marathons is a real off-put and they immediately dismiss running and think 'I could never do that'."

"Well, you don't have to! The

beauty of running is you can enjoy it and get fit by doing as little as a half-hour run three times a week."

And she boots into touch the assumption that all runners start out lean and mean. "Many run-

ners start out as non-exercising, overweight, stressed out smokers - self conscious and with low confidence.

"But by setting themselves small goals and keeping going they can be winners in their own

terms, not just in terms of fitness but with raised confidence and self-esteem."

Marielle, whose new book is the Complete Running Manual says: "Running - a cardiovascular exercise - makes the body produce its own endorphins - feel good chemicals which dull pain and put you on a 'high' for several hours afterwards.

"Afterwards, you'll have a floating feeling of contentment and stress will have vanished." Ex-Eternal singer, Kelle Bryan, 32, experienced those benefits first-hand, and is now lined up to run the London Marathon supporting Cancer Research UK.

Now a TV presenter and actress, Kelle was diagnosed eight years ago with the life-threatening auto-immune disease lupus, but is now in remission.

She began running last year and says: "At one time doctors told me I'd be confined to a wheelchair for life. Now I never take my

health for granted and I appreciate every day that I'm able to get out and train and enjoy myself. Running is a great buzz and gives me energy."

Marielle urges those who are currently trying to maintain regular running: "Keep going and persist through the tough days - when you feel like giving up - and you'll get hooked."

"Keep the love affair with running glowing by making sure it stays fun and stimulating - changing routes or maybe running with a partner. Don't let it become a drudge."

So don't let those marathon runners hog the limelight, put your best foot forward and use top tips from Marielle and Kelle.

HOW DO I GET STARTED?

First have a thorough health check with a GP to ensure that there are no health issues you're

Continued over ...

Special HEALTH INSURANCE for Readers

10% off your first year's premium

FULL COVER

GREAT SAVINGS

The Portugal News has arranged an excellent health insurance policy for readers at very competitive rates.

Even the most basic policy covers treatment anywhere in Europe

Examples of potential annual savings:

Single Man aged 28 (compared to competitive cover)

Save up to €500 a year

Couple aged 43 & 35, with 2 children 10 & 7

Save up to €1,500 a year

Couple aged 58 & 52

Save up to €1,800

- ✗ Standard cover level up to €855,000
- ✗ Standard policy covers treatment anywhere in Europe*
- ✗ Hospital fees paid direct, no need to reclaim from insurers**
- ✗ Excellent cover, three levels of protection available
- ✗ Corporate and group discounts
- ✗ Worldwide Travel Insurance available
- ✗ Policies issued by Journeyman Services Limited (UK Brokers)
- ✗ Underwritten by Lloyds

* (Worldwide also available)
** (underwriters need to be advised in advance)

Call our helpline TODAY for comparisons and benefits and a NO-OBLIGATION personal

X PAT Care
707 500 028

Special Health & Beauty Promotion

Wellness
AT ALMAVERDE

BEAUTY, BODY, BLISS - 50€

Total Youth Facial - Manicure - Back Massage
Relaxation session on the unique Alphalounger

DEEP RELAXATION - 40€

Aromatherapy Massage - Reflexology Treatment
Relaxation session on the unique Alphalounger

TENNIS COURT HIRE - 15€

Two hours for the price of one - Complimentary relaxation session on the unique Alphalounger

CALL 282 697656 FOR MORE DETAILS



WWW.ALMAVERDE.COM

unaware of. Tests should include blood pressure and a blood test.

Start walking for an amount of time that feels comfortable - anywhere from 10 to 30 minutes. Once you can walk for 30 minutes easily, sprinkle one-to-two-minute running intervals into your walking. As time goes on, make the running intervals longer, until you are running for 30 minutes straight. Stretch before and after a run.

Kelle advises: "Don't be too ambitious initially, otherwise you may get off-putting aches and pains. It's better to build slowly and gradually, and enjoy your achievements no matter how small. They'll gradually build and you can amaze yourself."

WHERE DO I RUN?

Marielle says: "When you start out try to avoid running on

concrete pavements and tarmac roads. Those will impact more on vulnerable, untrained muscles and bones. Be wary of cambered edges of roads as these will create an imbalance to one side of your body, and can lead to muscle injury."

Choose safe well-lit routes in parks, around school or cycle tracks and keep them varied to avoid boredom.

Find out if there's a group to run with in your area (this is excellent for motivation and for safety reasons) Never run alone in the dark or at night.

BREATHING TECHNIQUES

Learn to breathe properly. Breathe deeply into your diaphragm from the base of your lungs rather than from your upper chest, which results in shallow breathing. If you open up

your chest you draw more oxygen into your lungs.

Running causes you to breathe harder than usual, so some amount of huffing and puffing is normal. Most of that out-of-breath feeling diminishes as you become fitter.

If you have to, slow down or take walking breaks. If breathlessness persists, ask your doctor about the possibility that you may have asthma.

Marielle says: "Try the Talk-Test. Test your running pace by having a conversation with your running partner (or yourself if you run alone). If you're too breathless to do so, you're going too fast."

WHEN YOU WANT TO GIVE UP

Marielle says: "Find an inspiring partner. The pressure of knowing someone is waiting for you is a great kick starter, and you can encourage each other."

"Force yourself out of bed by promising you'll give yourself 10 to 15 minutes at least - most times you'll keep going for longer."

Give yourself a mental image of a treat to lure you to the end of a run, maybe a "sinful downfall like chocolate, a glass of wine..."

Kelle says: "Setting yourself a goal is key. At first I aimed to get to a size eight - my natural body size - which I achieved because running speeds up your metabolism and helps burn off body fat. It meant I didn't have to deny myself anything or go on a boring diet!" Also, she advises: "Run to the beat of an iPod or tune into a radio."






COMPLETE RUNNING MANUAL

Mariëlle Renssen



CLÍNICA DENTÁRIA PETER NIELSEN
Danish dentists

First consultation free

Horta da Figuras, Lt. 33, Faro
(Close to Forum Algarve/Jumbo)
Phone: 289 865 530
For more information and price list:
www.farodental.com

Powerful Techniques - Powerful Outcomes
If you are struggling with: anxieties, addiction, fears, phobias, low self esteem, stress, trauma, cravings, mood swings or any other emotional upset, confidential help is available now.

It's Time For A NEW APPROACH



Call Alison Blair, Therapeutic Counsellor, TFTdx & NLP Practitioner, Psychotherapist, Ed. Psych.
www.mind-over-matters.com call: 964951570

Happy Feet



Feet and much more

Dunas de Alvor, Estrada da Barca, Loja 21, 8500-017 Alvor
Tel: 966 237 330 Open: Mon - Sat 10am - 6pm
Appointment necessary



Farmácia do Aeroporto de Faro

Open: 8.30am - 11.00pm (every day)

Patient parking next to the terminal building
Tel: 289 819 740 Fax: 289 819 741

Dr. Bianca Többen (PhD)

- Alternate detox treatment
- Chelation: Restores bloodflow & removes calcium & heavy metals from bloodstream
- Oxygen Ozone treatment: Liver detox
- Computerised hair analysis
- Liver Detox
- Fillers
- Botox

914 635 661
mail@dr-bianca-toebben.de

NURSING

FOR ALL OF YOUR NURSING & CARING NEEDS
24 HOURS A DAY, 7 DAYS A WEEK
ATTN: BUPA INTERNATIONAL CLIENTS: YOU MAY BE ENTITLED TO UP TO 30 DAYS HOME NURSING

ALGARVE ANGELS

Call 282 688 365 or 937 021 451

Monte da Palhagueira Retirement Village

* 55 Years old or over?
* Thinking of security for the future?
* Want to live in a safe, pleasant and healthy environment?



Consider Monte da Palhagueira Village

32 houses and apartments set in 22 acres of landscaped grounds, offering independence, peace of mind and security for retirement. Amenities include 2 swimming pools, putting green, croquet lawn, boule pitch, village hall, restaurant, hairdresser, physiotherapist, church and British trained medical staff on duty at all times.

Contact Clive Roberts • Monte da Palhagueira Village
Gorjões, 8005-488 • Santa Barbara de Nexe • Faro
Tel: 289 990900 • Email: monte.palhagueira@nec.pt

Perfect Smile

Implant and Cosmetic Dentistry Clinic



HOSPITAL PARTICULAR DO ALGARVE
Cruz da Bota, Lote 6, Ert. de Alvor
8500-322 Portimão
Tel./Fax.: 282 457 018

RIVERSIDE INTERNATIONAL MEDICAL CENTRE

CENTRO MÉDICO INTERNACIONAL

Dr. med. Univ. Zürich ANDREAS J. MESZTICZKI

Specialist in Internal and General Family Medicine
Accident & Emergency Medicine
Aviation Medicine - Flight Surgeon
Authorised Medical Examiner / AME by INAC
Vaccination Centre - Chiropractic

SERVICES

24h Emergency Service • All laboratory testings
Ultrasound • ECG • Stress ECG • Home visits
Check-up / Cancer screening • Physiotherapy
Ear / eye / lung test • INR Testing • Minor surgery
Fitness for air travel certificates • Repatriation flights
Driving license medical
Helicopter and VIP service

Tel. 289 99 77 42 • ajm@oninet.pt
24 Hr Service - Tel. 919 657 860
Opening Hours: Mon - Fri 9-12 & 16-18 hrs

Av. Engo. Duarte Pacheco 16,
8005-531 Sta. Bárbara de Nexe / Faro

Moncarapacho - Tavira - V. R. Sto. António

Make a note of the mileage you cover, the weight you lose and your speed and look at those when you're feeling less motivated.

WHAT ABOUT THE PAIN?

Some discomfort is normal as you add distance and intensity to your training. But real pain isn't

normal. If something feels so bad that you have to run with a limp or otherwise alter your stride, you're probably injured.

Stop running immediately, and take a few days off. If you're not sure, try walking for a minute or two to see if the discomfort dis-

appears. If it doesn't consult your GP.

Kelle says: "Listen to your body - if it's telling you to slow down, pay attention, it's letting you know your limitations. And never ignore an injury."

WHAT ABOUT KIT?

Marielle says: "You must have a good pair of running shoes. Unlike all-round trainers, running shoes are designed to allow your foot to strike the ground properly, reducing the amount of shock that travels up your leg. They're also made to fit your foot snugly, to reduce the slipping and sliding that can lead to blisters."

Kelle says: "At first I ran in poorly fitting trainers and paid the price by hurting myself. Always go to a specialist shop and take time to find the right pair."

INDOORS OR OUTDOORS?

A treadmill 'pulls' the ground

underneath your feet, and you don't meet any wind resistance, which makes running somewhat easier. Many treadmills are padded, making them a good option if you're carrying a few extra pounds or are injury-prone and want to decrease impact.

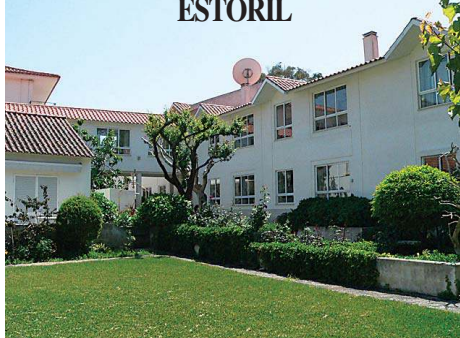
To better mimic the effort of outdoor running, you can always set your treadmill at a one per cent incline.

∴ Cancer Research UK is inviting women everywhere to enter Race for Life 2008, (to end of July 2008) and walk, jog or run 5km to raise money to help beat cancer. There are nationwide events. Call: 00 44 (0)871 641 2282 or go to their website: www.raceforlife.org

Gabrielle Fagan

∴ **Complete Running Manual** by Marielle Renssen, is published by New Holland, priced £19.99/€25.35.

THE BRITISH RETIREMENT HOME ESTORIL



Founded in the mid-1980's, the British Retirement Home is situated in a quiet cul-de-sac near the beach, within easy walking distance of the centre of Sao Pedro do Estoril, on the Lisbon-Cascais railway line. Open to residents of all nationalities, it comprises 10 unfurnished apartments with a kitchenette and an en suite bathroom as well as 8 individual rooms with private bathroom for those who are less independent. 24 hour Care Support is provided by a bi-lingual team, headed up by a registered Nursing Sister. Links with the local community ensure a steady flow of volunteers to help with outings, shopping trips and social events.

Non-residents are welcomed on a daily basis or for short-term stays for recuperation or holiday periods.

For more information contact 214 688 694 during working hours, or visit www.brhportugal.com



Good running shoes are essential.



Cancer Research UK is inviting women everywhere to enter Race for Life 2008, (till the end of July 2008) and walk, jog or run 5km to raise money to help beat cancer. For information call: 00 44 (0)871 641 2282 or go to their website: www.raceforlife.org

See what you're missing at
www.thenewsnet

GlucoMotion® Original

€29.50

GlucoMotion Original®

High dosage combination supplement containing glucosamine, chondroitin, MSM, vitamins and minerals. Substances that are very important for nourishment of cartilage and connective tissue. Specifically for arthritic and stiff joints, recurrent neck and back aches and during heavy sports and exercise programs.

120 tablets - month supply

Albufeira: Int. Health Centres 289 588 923
Almancil: Clinica Optima Forma - Av. 5 de Outubro 84
289 399 841 - 918476000, happyjoints@oninet.pt

Pay two get three

GlucoMotion®
Nourishes the building blocks for healthy and supple joints

ORIGINAL

joints

GLUCOSAMINE, CHONDROITIN, MSM and several vitamins and minerals

120 tablets - Month supply

Net weight: 144 g e

THE ORIGINAL ELECTRONIC CIGARETTE

iSMOKE™ COMPACT
ELECTRONIC CIGARETTE

NOW IN PORTUGAL iSmoke the electronic cigarette

DO YOU LIKE TO SMOKE EVERYWHERE?
DO YOU WANT TO SMOKE HEALTHIER?
DO YOU WANT TO CUT DOWN ON SMOKING?

iSMOKE is THE alternative to smoking. iSMOKE can contain cartridges with nicotine, but leaves out the damaging tar or carbon monoxide. Cartridges are available in high, medium, low or no nicotine. iSMOKE resembles a real cigarette, produces actual (water vapour) 'smoke' giving you the feeling of smoking a real cigarette.

iSMOKE IS NOW AVAILABLE FOR THE PRICE OF €79.00

CARTRIDGES (BOX OF 5) ONLY COST €6.50
(1 CARTRIDGE = 1 BOX OF CIGARETTES).

Phone: 282 322 230, 91 339 26 55 trade inquires welcome
Order now: www.ismoke.com.pt
Or email: ismoke.pt@sapo.pt

Don't wait any longer!
Get your freedom back and smoke the environment friendly iSmoke

Do you have your health covered in Portugal?

- » Unlimited in/day-patient benefits (level 2)
- » Prompt and efficient claims handling
- » 24 hour UK GP helpline
- » Documentation in English
- » Over 80 years experience



Private Medical Insurance
UK & International

For more information contact the independent broker

Lloyd & Whyte International Ltd.

email: info@lloydwhyteintl.com

Tel: 289 360 578 - Fax: 289 366 472

www.lloydwhyteintl.com

Murder most horrid in Salisbury



Bodies, bodies everywhere, but a weekend visit to Salisbury, England proves to be both dramatic, and relaxing.

As we finished dinner, a distressed woman staggered down the hotel staircase, calling for help, blood trickling from her mouth, and vainly trying to remove the kitchen knife lodged firmly in her back.

Guests dropped after-dinner chocolates and rushed to form a semi-circle around her. One bent down to comfort her as another asked, "Well, is she dead yet?"

The clues were already slotting into place on another typical night of high drama on a Joy Swift Original Murder Weekend.

Joy organised her first weekend in 1981 while working for a small chain of hotels in Lancashire. It went so well that she went on to run her own business, orchestrating dastardly deeds around Britain, and collected an MBE in 2001 for services to tourism.

Surrounding herself with a group of actors, Joy's winning formula is to keep the weekend as realistic and contemporary as possible. Until the detective completes his summing-up at noon on Sunday, guests must believe these characters are real people with credible motives for behaving the way they do.

Joy hosts weekends exclusively with Mercure Hotels, including the White Hart in Salisbury, which has seen its fair share of dead bodies and bloodshed over the years.

This elegant classical 17th century building, directly opposite Salisbury Cathedral, is perfectly placed to explore the city's

shops. And its splendid courtyard garden of flowers, palms and tropical bushes is ideal for the games and shenanigans that take place on a murder weekend.

The theme for our summer weekend - Brave Hearts - was slotting into place nicely over the welcome drinks. Joy was acting too, her character Ali swiftly establishing herself as a bitter, rude, suicidal drunk, either moaning about her life or arguing with fellow guests.

On our table sat a character

called Tim, a man of 32 with the mental age of a 15-year-old boy due to a freak accident years earlier, who was left in tears after one confrontation with Ali. But he didn't need to worry, because before the end of the evening she had been clubbed to death with a bottle.

As each and every member of Joy's cast is open to questions by the guests, notebooks were soon filling up with clues.

The next morning we used our free time to explore the hotel's



An oasis...



...in a busy world!

GIBRALTAR

... is closer than you think!

A bit of home away from home, around four hours drive from the Algarve!

sights international shops
duty free english speaking

A three night short break at the famous Rock Hotel could be just what you deserve.

Built in 1932 by the Marquis of Bute, the hotel to this day still offers standards of comfort and care from that bygone era.

A three night break based on two adults sharing a twin or double bay facing room including a full English breakfast and including complementary Internet usage - £145 person.

Call Liz Valerga in reservations for availability, quoting Portugal News.



Europa Road, Gibraltar
Tel: (+350) 73000 Fax: (+350) 73513
E-mail: rockhotel@gibtelecom.net Web site: www.rockhotelgibraltar.com



www.the-news.net



Online ticket reservations

Visit Europe this winter???

Prague	€72.00
Athens/Venice	€89.00
Copenhagen	€100.00
Oslo	€119.00
Bucarest	€129.00
Istanbul	€139.00
Helsinki	€149.00
Kiev	€199.00
Sofia	€209.00

(All prices are for return flights and exclusive of airport taxes)

MAIN OFFICE:
Tel: 282 480 580
Fax 282 480 589
Email: info@airpass.pt
Mobile: 932 070 707

LISBON AIRPORT
Tel: 218 439 510
Fax: 218439 516
Mobile: 932 090 909



facilities and discover what a splendid place Salisbury is. Our first stop was the cathedral, a magnificent early English Gothic structure built in the 13th century.

Its distinctive spire is the tallest in the UK at 404ft, and was built so large to reflect the greatness of God's glory. You certainly feel in awe walking around

the cathedral with its impressive roof, intricate carvings and stained glass windows.

Perhaps the most famous item in the cathedral is one of the four original copies of the Magna Carta, the charter signed by King John at Runnymede in 1215. This milestone in British history placed constitutional restraints on both monarchy and state.

In the Close, a square of pretty little cottages surrounding the cathedral, I felt I was stepping into a Thomas Hardy novel. The famous author based the fictional town of Melchester in his book *Jude The Obscure* on Salisbury.

We found time too to explore the splendours of Stonehenge, over 4,000 years old and probably the crowning glory of the New Stone Age in Britain.

It still looks awesome today. Five stone trilithon archways are set in a V-shape, and inside sits a horseshoe pattern of nineteen bluestones, dragged all the way from Wales. Surrounding this centre-piece are two circles of stones, all aligned with an axis pointing to Midsummer sunrise on the longest day of the year.

Saturday's lunch was followed by an afternoon of games back at the hotel - and if anyone feared their sleuthing wasn't up to Miss Marple's standard, they could chase prizes in the music quiz, the bingo or wordsearch games.

Then it was back to our detective work, because soon afterwards there was a second murder and a blazing row, revealing further clues and possible motives. During afternoon tea, a couple disappeared to the courtyard for an illicit liaison and more verbal fireworks followed.

Goodness knows what the newly arrived group of Americans made of it all, as they walked into the courtyard garden to see 40 people surrounding an hysterical woman screaming at a couple sitting sheepishly on a bench, caught in the act.

Fortunately, there were no suspicious deaths during our evening meal, although there was plenty of drama - a catfight between two sisters and an adulterous husband being taught a lesson by having a jug of water tipped over his head!

In between those two incidents, we learnt why the White Hart wins accolades for fine cooking. One dinner included corn fed chicken, apricot, sage and

pistachio terrine with balsamic red onion marmalade, followed by baked salmon fillet in a brioche, walnut and orange crumb with sauce Maltese and a desert of baked raspberry and white chocolate cheesecake with raspberry coulis.

Attracting singles, couples, groups of friends and even hen parties, murder weekends work because they get people to talk to each other. Some regulars had been coming for years and happily shared tips and advice with newcomers.

Most of the successful sleuths had no experience of police or legal work at all. One man who had worked in IT all his life had been to 38 weekends and had won 19 trophies - the ultimate prize, given to guests who identify the murderer(s) and the complex web of clues and motives.

I certainly needed a bit of guidance at times. The incident room was always a hive of activity, and notice boards began to fill with emails and letters between suspects, newspaper cuttings, maps, magazine articles and secret diaries.

Sunday's denouement was an exciting affair, with the detective revealing whodunit, and why. I was right in thinking Tim was behind all the murders, but missed out on his motive.

After the prize-giving, the cast came 'out of character' for the first time to talk about their roles and ones they have played in the past. As the plots change three times a year, these are certainly varied!

Joy's brochure describes her Original Murder Weekends as "25 years of fun, laughter and dastardly deeds". Once you get the bug for sleuthing, you tend to go back for more.

TRAVEL FACTS

∴ Laura Wurzel was a guest of the Mercure White Hart Hotel in Salisbury for Joy Swift's Original Murder Weekend.

Joy's 2008 Murder Weekends, exclusively at Mercure Hotels, from £240/€301 per per-



Pictured above: A 'victim' is found clubbed to death with a bottle at the White Hart Hotel, Salisbury; left: Salisbury Cathedral at night; below left: Joy Swift, who was awarded an MBE in 2001 for services to tourism; below right: The world famous, Stonehenge. Opposite page - left: The front facade of the White Hart Hotel, Salisbury, England, and the courtyard garden at the rear; right: another 'murder' in the courtyard garden. (Photos: Press Association)

son, include a welcome reception, two night's half-board, Saturday lunch, Saturday night party and disco, and "Murder" programme with competitions, games, and actors.

White Hart Hotel reservations: tel. 0044(0)870 400 8125, see also www.mercure-hotels.com

Murder Weekend details bookable from Joy Swift on 0044(0)151 924 1124 or visit her website at: www.murder.co.uk

∴ The Joy of Murder by Joy Swift with Chris Livesey, a Trinity Mirror paperback (£8.99/€11.29) is available from bookshops or www.merseyshop.com

Laura Wurzel

Stay in **Gibraltar** and enjoy our special reader offer

Complete 4 star luxury at the O'Callaghan Elliott Hotel, Gibraltar for only £115.00 per night

For only £115 per room, per night, including breakfast you can enjoy all the comforts of Gibraltar's leading hotel. The price includes dinner for one night from our A La Carte menu up to the value of £30.00pp. You can stay as long as you like (min. 2 nights) but your visit must include a Friday, Saturday or Sunday night. This offer continues until 31st May 2008. To take advantage of it call or e-mail the Elliott and quote 'The Portugal News Reader rate offer'.

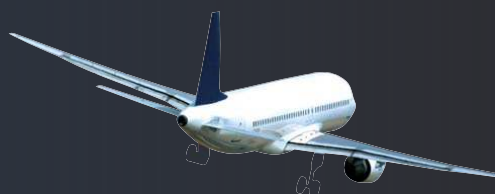
Tel: 350 70500 • E-Mail: elliott@ocallaghanhotels.com



O'Callaghan
ELLIOTT
HOTEL

**FLY DIRECT
TO THE MAJOR
EUROPEAN CITIES**

flight information: +351 289 800 617 | farairport@ana.pt | Europe's gateway to the sun
PC, pocket PC or PDA timetable downloads at www.farairport.com.pt



ANA Aeroportos
Algarve
Lisboa



Recognising early kidney problems



Everyone is born with far more kidney function than they need. However over the years, when exposed to toxins and infections, this excess is slowly reduced. We can all cope until we reach 30% of functioning tissue. At this stage the blood urea nitrogen and kidney enzymes, notably creatinine, increases. We notice other changes in early kidney failure, these include weight loss, finicky eating, increase in drinking and obviously urinating and sometimes a change in character. Do not just use these symptoms to make your own diagnosis—only your Vet can determine by a

blood test if there is any kidney disfunction.

With Lennie, he stopped eating properly, he would eat a diet of Hobnob biscuits, chips and southern fried chicken!!! At the time I would give him whatever he wanted to just get food down him. I always knew that Lennie's lifetime of drugs to control his Addison's and the many AntiBiotics for fighting his many Auto Immune infections would eventually catch up on him, they did. Sandy also has had a long time on high doses of painkillers, be they the safest I can find, but her creatinine levels have been high

for the last couple of years, luckily for her not dangerously high—yet!!

We had a beautiful cat in the UK who was diagnosed with Kidney Failure. She was put on a monthly injection of anabolic steroids with a change of diet and she amazed everyone by living another 5 years, she was 19 years old when she died.

So there are ways of coping with progressive kidney failure if noticed early enough.

A change of diet, new diet is recommended to be—

Low in phosphates—this is the most important.



Kidney problem crops up regularly with our client's pets.

- Minimal but adequate high quality proteins.
- Increased water soluble vitamins (B and C).
- Increased Omega-3.
- Increased fibre.
- A wet (not dried) food.

Supplements can be given including Omega-3 and olive oil which includes a high proportion of mono-unsaturated Omega-9.

There are Alternative herbal supplement products that can help—but only once a diagnosis has been given and under advice from the Vet. Dorwest products that can be useful are **Mixed Vegetables**—this can stabilise the acid base and aid proper urinary flow. Also of help are **Garlic and Fenugreek** tablets and the **Easy Green** powder.

The Vet can prescribe drugs that can help as well, as my Muffin cat proved. Muffin proved to us that kidney disease need not necessarily be the 'death' threat I expected when Muffin was diagnosed. In Muffin's case she had never had any toxins to deal with over her life as Lennie had, so Muffin managed to cope with the problem.

Protect your pet with knowledge

www.paws4pets.net

Copyright © 2008

Jan Cobley

Paws 4 Pets 916 273 376



Many lovely puppies are waiting for a good loving home. they are 7 weeks old, have been vaccinated, de-wormed and de-fleaed. They will be medium-size adult dogs. If you have space and love to offer, call Valérie 913 860 865

ADVERTISE ON THIS PAGE

Call Bella Talhadas on 707 500 655
or e-mail: sales@the-news.net



Mosi, my feral cat

Since she was a little kitten, Mosi had been coming to our terrace with her mother for the food we offered her, and other feral cats in the neighbourhood. When her mother decided Mosi was old enough, she left her all alone. During a storm, my daughter and I decided to rescue her. We lured her inside the house with a toy and, tricking her with some ham into the box carrier, took her to the vet to have her spayed.

Being a wild cat, the vet suggested she should stay in the clinic after the opera-

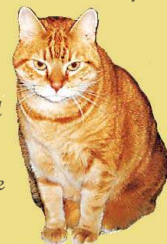
tion (in case she ran away or us not being able to lure her again into the carrier) until the stitches could be removed (under anaesthetic) and given all the necessary inoculations.

Since that day, two and a half years ago, she has been with us, very playful and happy, but she never lets us come too close or stroke her. We love our Mosi and hope that one day she will be the one to stroke us.



Peppa is a lovely bitch, very young and faithful. She is waiting for a nice loving home. She loves children. She will blossom in the right hands.
Call Valérie
(Donkey Sanctuary)
913 860 865

I am Neena, a sweet tabby living in Caldas da Rainha with many different kinds of fertile male cats. I am depressed because my owner cannot keep my babies so I want to find homes for them. I usually have white, Egyptian Maus, different kinds of tabbies and black mixed with Bombay, Burmesem and/or Bastet kittens. If you want one, two or three of my babies, please call Helena at 262 824 022



TOP QUALITY NATURAL PET FOODS and DIETARY SUPPLEMENTS

BURNS
Developed by a Veterinary Surgeon

whiskas

Applaws
Natural Cat Food

Cesar

Nutro

felix

natures:menu
FEEDING AS NATURE INTENDED

DORWEST HERBS

Wafcol
Superior Nutrition & Taste

All logos shown in this advertisement are the property, copyright and/or registered trademarks of the respective companies whose products are being actively promoted!

Paws 4 Pets
The Best A Pet Can Get

The paw mark of Quality

Tel: 282 443 170
Jan: 916 273 376
www.paws4pets.net

We are opposite the Roman Bridge in Silves, next to Suzies Bar

all Pets
CLINICA
...because your pet deserves the best!

Sítio Vale de Eguas, nº 135 - A
8135 - 033 Almancil

Tel: (351) 289 356 229
E-mail: info@clinica-allpets.com
Web: www.clinica-allpets.com

HOUSE CALLS + 24-HOUR EMERGENCIES : 965 572 370



MUCKY MUTTS MOBILE DOG GROOMING

- Hydro Bath • Drying • Clipping
- Nails • Ears & Glands

All professionally done in our mobile van. Eight years UK qualified.

Tel: 913 529 852

www.muckymutts.com

mucky.mutts@hotmail.com



Algarve Sitters.net

PETCARE * PLANTCARE * HOMECARE

Algarve Sitters provides the very highest standard of care for your Pets and Plants and Security for your Home and Possessions whilst you are away..

Fully Insured

Tel: 966 762 499 algarvesitters@gmail.com



Why heated rows can be cool

Parents of teenagers normally hate the endless rows they have with their stropky kids - but new research suggests that heated arguments actually bring families closer together. We find out why parents should argue with their adolescent every day.

Most stressed-out parents of teenagers would describe the constant rowing with their feisty offspring as a never-ending nightmare.

But new research suggests that heated arguments between parents and teens can actually be a good thing - particularly if both sides are heard above the yelling.

More than a third of mothers (37%) studied by researchers at the State University of New York described conflict as strengthening their relationship, while 41% of their adolescent children thought the same.

And the conflict that brought parents and teens closer together was much more than just a lively discussion, says adolescent development specialist Tabitha Holmes, who studied 52 mothers and their adolescent children.

"Families that had intense conflicts felt it was beneficial. That's not to say you can't learn a lot when rows aren't intense, but it's when they are intense that true feelings tend to come out. However if it gets too intense, it does actually get damaging."

Benefits of rowing were perceived as learning and problem-solving, improved relationships and personal development, with the major factor being that adolescents felt they had a different understanding of their parents.

"They understood their perspective and their feelings, and felt like they got inside their mothers' heads."

"They really respected them for sticking to their guns."

Holmes stresses that the 'beneficial' rows were those where the teenagers were able to get their point across, "even if it's just yelling back and forth."

Just 16% of adolescents in the study felt that conflict damaged relations with their parents, while 29% of mums thought the same. The main reasons for this were post-row feelings including sadness, guilt and anger.

Mothers were more likely to feel distressed after an argument, (55% mothers, 40% adolescents), and Holmes says: "Research shows parents are much more disturbed than adolescents about conflict - the teenagers can just let it roll off their backs,

while the parents might sit and think about it all day."

Teen expert Gill Hines, who runs workshops for parents of teenagers and has written a book, *Whatever!*, on parenting teens, says: "Rows can drive parents and children further apart and cause a lot of residual anger and resentment if they're not fully resolved."

"Parents and children have to learn better to listen to each other's point of view and to find a compromise, though that's hard to do while someone's yelling."

She warns that teenagers often get their own way because: "Many parents bend over backwards to avoid rows as they feel it solves nothing. I also know young people who'll 'up the ante' on a row to make sure their parent will capitulate."

She adds: "In an ideal situation where parent and child can argue then resolve their differences, I think they do indeed feel closer as a result. However, not every parent manages this."

Lisa Salmon



ASK THE EXPERT

Q: "I'm very particular about keeping the house clean, and use a lot of cleaning products. Is there any way they could be linked to my three-year-old son's wheeziness?"

Photos: Press Association



A: Paediatric respiratory expert Dr John Henderson, a consultant at Bristol Children's Hospital who leads research investigating asthma and allergy in early childhood, says: "One of the theories of the cause of asthma and allergies in children is that reduced exposure to certain infections in early life could be a trigger. If the developing immune system isn't stimulated by infections, it may develop a tendency to allergic responses in some susceptible

children. Therefore, a scrupulously clean environment may not be best for young children."

"Recent evidence also suggests that some household cleaning products may themselves trigger wheezing in young children, although the mechanisms for this aren't yet known. A recent survey of children in Bristol in which their mothers were asked about their use of household chemicals (among which cleaning products were frequently reported) found strong

evidence of a link between the frequency of using these products during pregnancy or just after giving birth and the occurrence of wheezing in their children seven years later."

"We know that people exposed to high concentrations of cleaning agents can develop wheezing or occupational asthma, but what isn't yet clear is whether this effect can be seen at much lower levels, such as those in the home, over longer periods, particularly

THREE WAYS TO... help your child deal with losing.

1. Acknowledge his anger, frustration and self-doubt, but make it clear you have a much more positive opinion about his performance.
2. Help him save-face by looking for ways to understand loss that don't devastate his self-esteem, like pointing out how bad the conditions were.
3. Stress that winning or losing isn't as important as having fun, and reassure him that he can get back on track, he needn't be so hard on himself, and that if he keeps trying he'll feel better.

when the person exposed is a young child at a critical stage of development of the lungs and immune system.

"Until more research is done, it's advisable to exercise moderation in the use of household chemicals, especially those that readily give off fumes, during pregnancy and when there's a young child in the house."

startrite  **LelliKelly** 

SHOES & CARDS 4U

School shoes, trainers, sandals & casual shoes for fashion conscious kids

POM D'API, GEOX, ROBERTO CAVALLI and lots more.

Greeting cards for all occasions & JELLYCAT gifts.

NEW COLLECTION: Girls cotton dresses ages 2-10 years AND swimwear. **GIFT VOUCHERS AVAILABLE**

Open Mon-Fri. 10.00-13.00 and 14.00-17.30

Av.5 de Outubro, ALMANCEL High Street. Tel.: 289 358 014 or 933 326 471

UNIVERSIDADE DA CRIANÇA
NEW DIRECTIONS IN EDUCATION



CRÈCHE AND PRE-SCHOOL

- ENROL NOW -

UNIVERSIDADE DA CRIANÇA
Rua Sidónio Pais, Lote 4 - 8500-735 Portimão
Tel. 282 423 974 - Fax 282 401 581
reitoria-uc@ideas4tomorrow.com



Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing.

LIVE CONCERTS

The Hives - Lisbon

The Hives are a Swedish rock band that first rose to prominence in the early 2000s as a leading group of the garage rock revival, playing punk-influenced garage rock. Their breakthrough came with the release of the 'best-of' compilation *Your*

New Favourite Band, featuring their most commercially successful song 'Hate to Say I Told You So'. The Hives are known for their 'hilarious self-glorification,' and performing in matching suits that change with each album, but are always black and white.



April 9th at Lisbon Coliseu from 9pm. Tickets: €25 - €28.

James Cotton Blues Band

James "Jimmy" Cotton (born July 1, 1935, Tunica, Mississippi), is an American blues harmonica player, singer, and songwriter who is the bandleader for the James Cotton Blues Band.

He also writes songs alone, and his solo career continues to this day. His work includes the following genres: Blues, Delta Blues, Harmonica Blues, Electric Harmonica Blues.



April 11th at Leiria (a-D-Barbas) Alfa from 11pm.

LIVE MUSIC

Sky Fest - Lisbon

Multicultural festival which ties up jazz, world music and blues all in one, bringing together three musical universes in one, which is sure to make for good entertainment for the festival goers. Not only are the concerts free, but they also promote home grown talent, who will also be taking part in workshop and conferences during the duration of the event.

The programme is as follows:

April 7th: Olissipo Electrico (jazz fusion) from 10.30pm & Rosa Negra (world music) from 11.30am.

April 8th: Jazz me Brown (jazz) from 10.30pm & O'Questrada (fado ska) from 11.30pm.

April 9th: Dâna (world music) from 10.30pm & The Soaked Lamb (blues) from 11.30pm.

April 10th: James Cotton (blues) from 10pm; Madame Godard (jazz fusion) from 11.30pm & Nancy Vieira (world music) from 12.30am.

April 11th: Gonzalo Rubalcaba and Jacinta (jazz) from 10pm; Sweet Vandals from 11.30pm & Lady G Brown & Dr Bastard (electro world music) from 12.30am.

April 12th: Estrella Morente (world music) from 10pm; Sara Valente (jazz) from 11.30pm & Deolinda (world music) from 12.30am.

April 13th: Canto da Terra (world music) from 10.30pm & Tango Crash from 11.30pm.

April 7th - 13th at Lisbon Casino. Entrance is free.

EXHIBITIONS

A Costa Brava - Mary St. George

Mary grew up in the United States, where she got degrees in History of Art, Architecture, International. Education and Fine Art and has benefited from studying and working in the United States, the UK and Portugal. She specializes in painting and etching and is stimulated by a dialogue between these 2 media, which strengthen one other and open up paths of investigation technically and the-

matically. She is a representational artist who interprets what she sees in ways which surprise or startle the viewer. In this show, 'A Costa Brava' she deals with the subject of the sea and fishermen. Her canvases are long narrow vistas of the Lisbon coast in acrylic. Her figures are done in mixed media on paper in portrait format. There are also several studies in mixed media and watercolour as well as handmade etching books showing coastal views and details from the sea's edge. Mary runs workshops in her studio in Colares.



Opens April 12th until May 11th as Galeria da Casa de Cultura D. Pedro, in Mafra, Monday to Friday 10am - 1pm & 2pm - 6pm and Saturday & Sunday from 3pm - 6pm. Call 962 447 888 or e-mail asgmsg@mail.telepac.pt.

João Travanca Fonseca

Born in Elvas in 1940, João Fonseca has had a love for art since the age of 10 as well as sport, having won several championships with the Sporting Club de Lourenço Marques. However, he decided

to carry on the artistic path that life was taking him one, and got the attention of art lovers from Lisbon, London, Paris and Madrid, which enabled him to start touring the country, exhibiting his works of art.



Open until April 18th at EMARP in Portimão from 8.30am to 5pm. For more information, call 964 645 377.

Jessica Dunn & José Ribeiro - Boliqueime

This weekend the Algarve Artists Network will feature an open studio featuring paintings by Jessica Dunn and decorative metalwork by José Ribeiro in Boliqueime. Refreshments will be served during the duration of the exhibition.

April 4th - 6th.
Call 289 360 306 or 962 455 650 or go to www.jessica-dunnart.com or www.algarve-artistsnetwork.com for directions and further information.



COMING SOON

COMING SOON

LIVE CONCERTS

COMING SOON

COMING SOON

Weekly updates on the biggest concerts coming your way...

APRIL

Estrella Morente - April 12th at Lisbon Casino from 10pm. Tickets: €30 - €35.

David Fonseca - April 12th at Lisbon Coliseu. Tickets: €20 - €30.

Algarve Orchestra - April 13th at Faro Municipal Theatre.

Gilberto Gil - April 17th at Lisbon Coliseu from 10pm. Tickets: €20 - €45.

Nightwish - April 18th in Oporto Coliseu from 9pm. Tickets: €22 - €25. April 19th at Lisbon Coliseu from 9pm. Tickets: €22.

Nick Cave & The Bad Seeds - April 21st at Lisbon Coliseu. Tickets: €30. **Ignite; Death Before Dishonor** - April 24th at Lisbon Tatuara. **Backstreet Boys** - April 25th at

Lisbon Pavilhão Atlântico from 8pm. Tickets: € 25 - €35.

Down - April 27th at Lisbon Coliseu from 8pm. Tickets: €20.

MAY

30 Seconds to Mars - May 3rd at Lisbon Pavilhão Atlântico from 8pm. Tickets: €25 - €35.



World Peace One - May 17th at Estádio Alvalade XXI. Further info TBA. **Pedro Abrunhosa** - May 18th from 9pm at Teatro Municipal São Luiz in Lisbon. Tickets: €15 - €25.

Adriana Calcanhotto - May 19th at Lisbon Coliseu from 10pm. Tickets: €25 - €50.

Asia - May 21st at Lisbon Coliseu. Further info TBA.

Cat Power - May 26th at Lisbon Coliseu from 10pm. Tickets: €20 - €40. May 28th at Oporto Coliseu from 10pm. Tickets: €20 - €40.

JUNE

Juanes - June 16th at Lisbon Pavilhão Atlântico from 8.30pm. Tickets: €25 - €40. June 17th at Oporto Coliseu from 8.30pm. Tickets: €22 - €35. **Comeback Kid** - June 19th in Lisbon

from 9pm. Tickets: €20.

Jack Johnson - June 26th at Lisbon Pavilhão do Atlântico from 8pm. Tickets: €28 - €40.

Tokio Hotel - June 29th at Lisbon Pavilhão Atlântico from 7.30pm. Tickets: €28 - €40.



JULY

James Blunt - July 4th at Lisbon Campo Pequeno. Tickets: €32.50 - €37.50.

Herbie Hancock - July 5th in Loulé. Further info TBA.

Dee Dee Bridgewater - July 11th at Albufeira Golf de Balaia. Further info TBA.

Manhattan Transfer - July 12th in Portimão. Further info TBA.

Lou Reed - July 19th at Lisbon Campo Pequeno. July 20th at Loulé Largo do Monumento Duarte Pacheco.

Caetano Veloso - July 25th in Albufeira.

Diana Krall - July 29th at Albufeira in Marina. Further info TBA.

AUGUST

Simply Red - August 1st at Albufeira Herdade dos Salgados. Further info TBA.

Mariza - August 29th at Loulé, Vale do Lobo.



TICKETS Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)

Send us your events to copy@the-news.net by Tuesday before publication.

JUST FOR FUN

New circus – Lisbon

Performed by critically acclaimed artists, the new circus to arrive at the Lisbon Casino continues to surpass Casino-goers' expectations. Duo Elenas present their aerial

skills until April 15th, whose performance will be followed by Pospeloc aerial tissues spectacular from April 16th until the end of the month.

Month of April at Lisbon Casino. Call 214 667 700 for more information.

SPORT

Baja Terras D'el Rei

One of the most important and best known off-road competitions in the Europe, the Baja Terras D'el Rei takes place this weekend.

It includes the Portuguese Off-Road Championship, the Portuguese Off-Road

Motorcycling Championship and the European Quad Bike Championship.

April 4th – 6th in Monte Gordo. Call 289 400 330 or visit www.clubeauto.movelalgarve.pt for more information.



BOOK REVIEW

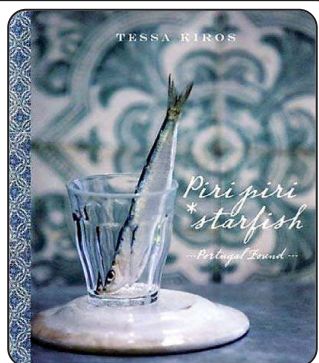
Piri – Piri Star Fish: Portugal Found by Tessa Kiros

Tessa Kiros believes that food is the essence of any country's people - a quilt that is patchworked together with their language, culture and songs. When she takes her family to live and travel in Portugal, she is captivated by the country and charmed by the old-fashioned way of doing things. Portugal has everything she loves - the markets, the sea, the beautiful old pousadas - but

she would have gone for the pastéis de nata alone. In "Piri Piri Starfish", Tessa embroiders the recipes, traditions and Portuguese way of living together with her own unique colours and threads. Some of the present day wonder of this small country can be attributed to its great history during the Age of Discovery: when the world beyond nearby lands and seas was little more than a mysterious dream to most

Europeans, this land of bay leaves, *bacalhau* and *piri piri* stretched out her roots over the globe.

Price: €31.50. Get 10% off when you quote The Portugal News. See our advert to the right for information on our location.



TALKS

Richard Tulloch - Lisbon

Richard Tulloch is one of Australia's most prolific and popular writers of books, plays, film and television for young audiences. His television series, which include 150 episodes of the phenomenal 'Bananas in Pyjamas', have reached an audience of hundreds of millions around the world. In 1998 he won his third Australian Writers' Guild 'AWGIE' award for his play 'Body and Soul' and was also nominated in America for the prestigious Hollywood 'Annie' award for his screenplay for the animated feature film 'Ferngully II: The Magical Rescue'.

Of his 60 children's books, many of them published in a number of languages, Danny in the Toybox, Being Bad for the Babysitter, Cocky Colin and the Barry the Burglar series were nominated by children for 'Koala' awards as their most popular Australian books of all time.

His most recent titles, 'Weird Stuff, Freaky Stuff' and 'Awesome Stuff', have been very popular.

His 50 plays for young audi-

ences have been performed in many countries. He has also done stage adaptations of plays by Oscar Wilde and Paul Jennings.

Over the past ten years he has performed his ever-changing show *Story Man* more than a thousand times in theatres, libraries and schools in the USA, Europe and Australia. He has performed in the Scottish International Children's Festival in Edinburgh, the Vancouver International Children's Festival, in international schools and teachers' conferences in Europe, Asia, Africa and the Middle East and in many Australian festivals.

He is a qualified lawyer and teacher (B.A., LL.B., Dip. Ed. Melbourne University), and has taught numerous creative writing classes for children and for adults at the Centre Européen d'Écriture Audiovisuelle in Paris, the Australian Film, Television and Radio School, the University of NSW, Thammasat University in Bangkok and Unitec in New Zealand.

Richard Tulloch will be visiting Lisbon from 14 - 17 April and will be speaking to students at St Dominic's International School on Monday 14th April and at the International Preparatory School on Tuesday 15th.

Magna Carta



Tel / Fax: 282 496 001
E-mail: info@magnacartabookshop.com
Quinta da Praia, Lote 4 - Loja 10, 8500 Alvor
www.magnacartabookshop.com

Advertise your company on the radio!

Algarve

Rádio Restauração 102.3 Olhão
Rádio Atlântico Sul 104 Lagos

Alentejo

Rádio Guadalupe 88.5 Serpa
Rádio Praia 89.3 Odemira

Rádio Ourique 94.2 Ourique
Rádio Mértola 95.2 Mértola

Departamento Comercial

937 140 004

Grupo Rádio Algarve Stars, Lda.
Rua Frei Joaquim de Loulé, 25

8100-579 Loulé

Tel.: 289 414 000 • Fax: 289 412 400



COMING SOON FESTIVALS COMING SOON

Weekly updates on the latest names confirmed for Portugal's summer festivals...

APRIL

Festival Gouveia Art Rock – April 5th: Ange; Aranis; Par Lindh; Behuinos a Gasóleo. April 6th: Van der Graaf Generator; Thinking Plague; Les Reines Prochaines. Festival at Gouveia Cine-Theatro. Tickets: €35 for one day, €60 for both days.

Festival Intercéltico do Porto – April 11th: Xosé Manuel Budiño; Encontros da Eira. April 12th: Beoga; Galandum Galandaina. Oporto Círculo Batalha. Further info TBA.

MAY

World Peace One – May 17th at Estádio do Alvalade in Lisbon. Further info TBA.

Rock in Rio Lisboa – May 30th – June 8th at Parque da Bela Vista in Lisbon. Tickets: €53 daily tickets. Confirmed acts: May 30: Lenny Kravitz; Amy Winehouse; James Morrison; Ivete Sangalo; Sam the Kid & Cool Hoppo; Ricardo Azevedo & Lúcio Moniz; Philharmonia Weed & Prince Wadada; Paul Van Dyk. May 31: Bon Jovi; Alanis Morissette; Skunk; Alejandro Sanz; Expensive

Sould; Sara Tavares; João Gil; Tito Paris; Marisa Pinto; NBC; Verónica Larrénne; Carl Cox. June 1: Rod Stewart; Joss Stone; Boss AC; Tokio Hotel; Vitorino; Ala dos Namorados; Rão Kyao; Nancy Vieira; Jazzinho, Melo D. June 5: Metallica; Machine Head; Apocalypica; Tim; Jorge Palma; Weaygunn; The Faith Gospel Choir; André Indiana; Sp & Wilson; 2 Many DJs; The Crystal Methode; Miguel Quintão; Zé Pedro. June 6: Muse; Linkin Park; Offspring; Kaiser Chiefs; Orishas; Clá; Buraka Som Sistema; Deise Tigrina; Bruno M; Caim; Vibe; Stereo Addictions.

JULY

Super Bock Super Rock Porto – Parque da Cidade in Oporto from 5pm. July 4th: James; ZZ Top; Crowded House; Xutos e Pontapés; David Fonseca; Orquestra de Jazz do Hot Club. July 5th: Jamiroquai; Clá; Jorge Palma. Tickets: €35 - €80.

Super Bock Super Rock Lisboa – Parque Tejo in Lisbon from 5pm. July 9th: Iron Maiden; Slayer; Avenged Sevenfold; Rose Tattoo; Tara Perida.

July 10th: Digitalism; Tiesto. Tickets: €40 - €80.

Festival Oeiras Alive – Passeio Marítimo de Algés. July 10th: Rage Against the Machine; Spiritualized; Gogol Bordello; Cansei de Ser Sexy; The National; Sons of Albion; DJ Peaches. July 11th: Bob Dylan; Within Temptation; Chris Cornell; Nouvelle Vague; Uffie; Mr Flash; Krazy; Baldhead; Vicarious Bliss. July 12th: Neil Young; Ben Harper & The Innocent Criminals; Donavon Frankenreiter; The Gossips; Roisin Murphy. Tickets: €45 - €80.

Festival Marés Vivas – July 17th – 19th at Gaia, Praia do Arealinho. July 18th: The Prodigy. Tickets: €15 - €30.

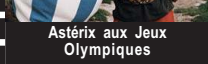
Festival Músicas do Mundo – July 17th – July 26th in Sines. July 17th: Bassekou Kouyate. July 18th: Hazmat Modine. July 23rd: Kasai Allstars; Justin Adams & Juldeh Camara. July 24th: Orchestra Baobab; Beirut; Marful; Lo Cór de La Plana. July 25th: KTU. July 26: Erika Stucky.

Festival do Tejo – Lisboa Pólo Universitário do Alto da Ajuda. July

TICKETS Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt; www.ticketline.pt [Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)]

The Bucket List



ALGARVE

**SBC
FORUM ALGARVE**
TEL: 289 887 212
3 APR-9 APR



1

There Will Be Blood
Daniel Day-Lewis, Dillon Freasier
20.50 (00.05 Fri & Sat)

The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
(10.50 Sat & Sun) 13.20-15.50-18.20

2

Winx Club: The Secret of the Lost Kingdom
Animation
(11.30 Sat & Sun) 14.05

The Mist

Thomas Jane, Nathan Gamble
16.25-19.10-22.00 (00.35 Fri & Sat)

3

The Bucket List
Jack Nicholson, Morgan Freeman
(11.20 Sat & Sun) 13.40-16.00-18.30-
21.00 (23.20 Fri & Sat)

4

10,000 BC
Steven Strait, Camilla Belle
(10.30 Sat & Sun) 13.30-16.10 (18.40-
21.10 except Thu) (23.40 Fri & Sat) (21.55
only Tue)

5

Vantage Point
Dennis Quaid, Forest Whitaker
12.50-15.00-17.10-19.20-21.30 (00.00
Fri & Sat)

6

St. Trinian's
Rupert Everett, Colin Firth
(11.10 Sat & Sun) 14.40-17.00-19.30-
21.50 (00.10 Fri & Sat)

7

Horton Hears a Who
Animation
PV: 13.10-15.15-17.20
OV: (10.40 Sat & Sun) 19.25
Definitely, Maybe
Ryan Reynolds, Isla Fischer
21.40 (00.15 Fri & Sat)

8

The Other Boleyn Girl
Eric Bana, Natalie Portman
16.05-18.45-21.20 (23.55 Fri & Sat)
The Ugly Duckling and Me
Animation PV
(11.45 Sat & Sun) (13.55 Thu-Sun)

9

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
(11.00 Sat & Sun)
Horton Hears a Who
Animation OV
14.35 (01.00 Sat & Sun)
August Rush
Freddie Highmore, Keri Russell
16.40-19.15-21.45 (00.20 Fri & Sat)

**CASTELLO LOPES CINEMAS
PORTIMÃO**
TEL: 707 220 220
3 APR-9 APR



1

Vantage Point
Dennis Quaid, Forest Whitaker
13.50-15.50-17.55-20.00-22.00 (00.10
Fri & Sat)

2

No Country for Old Men
Tommy Lee Jones, Javier Bardem
13.45-16.10-18.40-21.10 (23.40 Fri &
Sat)

3

The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
13.55

10,000 BC

Steven Strait, Camilla Belle
16.00-18.30-21.20 (23.50 Fri & Sat)

4

Winx Club: The Secret of the Lost Kingdom
Animation PV
13.40-15.40

Juno

Ellen Page, Michael Cera
18.20-21.50 (00.20 Fri & Sat)

5

Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
13.30-16.05-18.50-21.30 (00.15 Fri &
Sat)

6

Horton Hears a Who
Animation PV
13.35-15.30-17.30-19.30
Mad Money
Diane Keaton, Queen Latifah
21.40 (00.00 Fri & Sat)



**OV = Original Version
PV = Portuguese Version**

**CASTELLO LOPES CINEMAS
ALGARVESHOPPING**
TEL: 707 220 220
3 APR-9 APR



1

Mad Money
Diane Keaton, Queen Latifah
13.30-16.05-18.40-21.40 (00.20 Fri &
Sat)

2

Vantage Point
Dennis Quaid, Forest Whitaker
13.25-15.30-17.35-19.40-21.50 (00.15
Fri & Sat)

3

Winx Club: The Secret of the Lost Kingdom
Animation
13.00-15.00-17.00-18.55

August Rush

Freddie Highmore, Keri Russell
21.00 (23.40 Fri & Sat)

4

The Mist
Thomas Jane, Nathan Gamble
13.20-16.10-18.50-21.30 (00.10 Fri &
Sat)

5

The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
14.00

Juno

Ellen Page, Michael Cera
16.20-18.25-21.10 (23.55 Fri & Sat)

6

St. Trinian's
Rupert Everett, Colin Firth
13.40-16.30-19.00-21.25 (23.50 Fri &
Sat)

7

Horton Hears a Who
Animation
PV: 13.10-15.10-17.15-19.20-21.20
OV: (23.30 Fri & Sat)

8

The Bucket List
Jack Nicholson, Morgan Freeman
13.50-16.25-19.10-21.45 (00.00 Fri &
Sat)
10,000 BC
Steven Strait, Camilla Belle
13.05-16.00-18.30-21.35 (00.05 Fri &
Sat)

**LUSOMUNDO
VILAMOURA**
TEL: 289 302 277
3 APR-9 APR

Vantage Point
Dennis Quaid, Forest Whitaker
15.30-18.30-21.30

CENTRE

**LUSOMUNDO
ALMADA FORUM**
TEL: 707 246362
3 APR-9 APR

10,000 BC

Steven Strait, Camilla Belle
Horton Hears a Who
Animation OV & PV
The Bucket List
Jack Nicholson, Morgan Freeman

Vantage Point

Dennis Quaid, Forest Whitaker
Hannah Montana / Miley Cyrus:
Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D

Documentary

Halloween
Malcolm McDowell, Tyler Mane

The Spiderwick Chronicles

Freddie Highmore, Mary-Louise Parker
Definitely, Maybe
Ryan Reynolds, Isla Fischer

The Ugly Duckling and Me

Animation PV
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno

Mad Money

Diane Keaton, Queen Latifah
St. Trinian's
Rupert Everett, Colin Firth

Winx Club: The Secret of the Lost Kingdom

Animation PV
August Rush
Freddie Highmore, Keri Russell

The Other Boleyn Girl

Eric Bana, Natalie Portman
No Country for Old Men
Tommy Lee Jones, Javier Bardem

The Mist

Thomas Jane, Nathan Gamble

**LUSOMUNDO
ALVALÁXIA**
TEL: 21 754 9000
3 APR-9 APR

Horton Hears a Who
Animation PV

August Rush
Freddie Highmore, Keri Russell
10,000 BC
Steven Strait, Camilla Belle
The Bucket List
Jack Nicholson, Morgan Freeman
Vantage Point
Dennis Quaid, Forest Whitaker
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Winx Club: The Secret of the Lost Kingdom
Animation PV
The Other Boleyn Girl
Eric Bana, Natalie Portman
St. Trinian's
Rupert Everett, Colin Firth
Mad Money
Diane Keaton, Queen Latifah
Sleuth
Michael Caine, Jude Law
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
No Country for Old Men
Tommy Lee Jones, Javier Bardem
I'm Not There
Cate Blanchett, Christian Bale
Interview
Sienna Miller, Steve Buscemi

**LUSOMUNDO
AMOREIRAS**
TEL: 707 246362
3 APR-9 APR

Vantage Point
Dennis Quaid, Forest Whitaker
Horton Hears a Who
Animation PV
The Other Boleyn Girl
Eric Bana, Natalie Portman
Mad Money
Diane Keaton, Queen Latifah
Interview
Sienna Miller, Steve Buscemi
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Winx Club: The Secret of the Lost Kingdom
Animation PV
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Death Sentence
Kevin Bacon, Garrett Hedlund

**LUSOMUNDO
CASCAISHOPPING**
TEL: 707 246362
3 APR-9 APR

Hannah Montana / Miley Cyrus:
Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Winx Club: The Secret of the Lost Kingdom
Animation PV
10,000 BC
Steven Strait, Camilla Belle
The Bucket List
Jack Nicholson, Morgan Freeman
Horton Hears a Who
Animation PV
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Vantage Point
Dennis Quaid, Forest Whitaker
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Definitely, Maybe
Ryan Reynolds, Isla Fischer
The Mist
Thomas Jane, Nathan Gamble

**LUSOMUNDO
COLOMBO**
TEL: 707 246362
3 APR-9 APR

10,000 BC
Steven Strait, Camilla Belle
Mad Money
Diane Keaton, Queen Latifah
Winx Club: The Secret of the Lost Kingdom
Animation PV
St. Trinian's
Rupert Everett, Colin Firth
Horton Hears a Who
Animation PV
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Vantage Point
Dennis Quaid, Forest Whitaker
The Bucket List
Jack Nicholson, Morgan Freeman
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
No Country for Old Men
Tommy Lee Jones, Javier Bardem
The Mist
Thomas Jane, Nathan Gamble
Death Sentence
Kevin Bacon, Garrett Hedlund
Hannah Montana / Miley Cyrus:
Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary

**LUSOMUNDO
DOLCEVITAMIRAFLORES**
TEL: 707 246362
3 APR-9 APR

Winx Club: The Secret of the Lost Kingdom
Animation PV
Awake
Hayden Christensen, Jessica Alba
The Other Boleyn Girl
Eric Bana, Natalie Portman
10,000 BC
Steven Strait, Camilla Belle
Horton Hears a Who
Animation PV
Michael Clayton
George Clooney, Tom Wilkinson
The Ugly Duckling and Me
Animation PV

**UCI CINEMAS
EL CORTE INGLÉS**
TEL: 707 23 22 21
3 APR-9 APR



August Rush
Freddie Highmore, Keri Russell
Juno
Ellen Page, Michael Cera
Winx Club: The Secret of the Lost Kingdom
Animation PV
Die Fälscher
Karl Markovics, August Diehl
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
10,000 BC
Steven Strait, Camilla Belle
The Lovebirds
Michael Imperioli, Joaquim de Almeida
The Mist
Thomas Jane, Nathan Gamble
Horton Hears a Who
Animation OV & PV
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Persepolis
Animation
No Country for Old Men
Tommy Lee Jones, Javier Bardem
The Bucket List
Jack Nicholson, Morgan Freeman
The Other Boleyn Girl
Eric Bana, Natalie Portman
Michael Clayton
George Clooney, Tom Wilkinson
Vantage Point
Dennis Quaid, Forest Whitaker
Sleuth
Michael Caine, Jude Law
I'm Not There
Cate Blanchett, Christian Bale

**LUSOMUNDO
FORUM MONTIJO**
TEL: 707 246362
3 APR-9 APR

Vantage Point
Dennis Quaid, Forest Whitaker
Hannah Montana / Miley Cyrus:
Concert Tour
Miley Ray Cyrus, Kenny Ortega
Death Sentence
Kevin Bacon, Garrett Hedlund
Horton Hears a Who
Animation PV
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
The Bucket List
Jack Nicholson, Morgan Freeman
Winx Club: The Secret of the Lost Kingdom
Animation PV
10,000 BC
Steven Strait, Camilla Belle

**UCI CINEMAS
FREEPORT**
TEL: 707 23 22 21
3 APR-9 APR



Vantage Point
Dennis Quaid, Forest Whitaker
The Bucket List
Jack Nicholson, Morgan Freeman
Silk
Michael Pitt, Keira Knightley
10,000 BC
Steven Strait, Camilla Belle
Horton Hears a Who
Animation PV
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Jumper
Hayden Christensen, Samuel L. Jackson
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Halloween
Malcolm McDowell, Tyler Mane
Death Sentence
Kevin Bacon, Garrett Hedlund
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Mad Money
Diane Keaton, Queen Latifah

Winx Club: The Secret of the Lost Kingdom
Animation PV
Michael Clayton
George Clooney, Tom Wilkinson

**LUSOMUNDO
ODIVELAS PARQUE**
TEL: 707 246362
3 APR-9 APR

Vantage Point
Dennis Quaid, Forest Whitaker
The Ugly Duckling and Me
Animation PV
10,000 BC
Steven Strait, Camilla Belle
The Bucket List
Jack Nicholson, Morgan Freeman
Horton Hears a Who
Animation PV
Mad Money
Diane Keaton, Queen Latifah
Winx Club: The Secret of the Lost Kingdom
Animation PV
Jumper
Hayden Christensen, Samuel L. Jackson
Death Sentence
Kevin Bacon, Garrett Hedlund
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Halloween
Malcolm McDowell, Tyler Mane

**LUSOMUNDO
OERAS PARQUE**
TEL: 707 246362
3 APR-9 APR

Sleuth
Michael Caine, Jude Law
St. Trinian's
Rupert Everett, Colin Firth
The Mist
Thomas Jane, Nathan Gamble
Horton Hears a Who
Animation PV
10,000 BC
Steven Strait, Camilla Belle
The Bucket List
Jack Nicholson, Morgan Freeman
Winx Club: The Secret of the Lost Kingdom
Animation PV
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker

**LUSOMUNDO
TORRES VEDRAS**
TEL: 707 246362
3 APR-9 APR

Vantage Point
Dennis Quaid, Forest Whitaker
Hannah Montana / Miley Cyrus:
Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Winx Club: The Secret of the Lost Kingdom
Animation PV
10,000 BC
Steven Strait, Camilla Belle
The Mist
Thomas Jane, Nathan Gamble
Horton Hears a Who
Animation PV
The Other Boleyn Girl
Eric Bana, Natalie Portman

**LUSOMUNDO
VASCO DA GAMA**
TEL: 707 246362
3 APR-9 APR

The Bucket List
Jack Nicholson, Morgan Freeman
Horton Hears a Who
Animation PV
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Winx Club: The Secret of the Lost Kingdom
Animation PV
Interview
Sienna Miller, Steve Buscemi
Hannah Montana / Miley Cyrus:
Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Vantage Point
Dennis Quaid, Forest Whitaker
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
10,000 BC
Steven Strait, Camilla Belle

**OV = Original
Version**

PV = Portuguese Version



SLEUTH

A dramatic and thrilling study of sexual conflict, jealousy, power and manipulation handled with both lacerating wit and humour, *Sleuth* tells the story of a wealthy writer of detective stories and an aspiring yet out-of-work actor who is having an affair with the writer's wife.

Rich older man Andrew Wyke (Michael Caine) invites Milo Tindle (Jude Law), his wife's young lover, over to make him an offer, Milo can win her divorce if he agrees to break into Andrew's house and steal his jewels. But the offer is not what it seems. The writer's exquisitely modernized Georgian manor becomes the backdrop for a cat and mouse game that pits one creative mind against another.



In the action-packed thriller *Vantage Point*, eight strangers with eight different points of view try to unlock the one truth behind an assassination attempt on the president of the United States. Thomas Barnes (Dennis Quaid) and Kent Taylor (Matthew Fox) are two Secret Service agents assigned to protect President Ashton (William Hurt) at a landmark summit on the global war on terror. When President Ashton is shot moments after his arrival in Spain, chaos ensues and disparate lives collide in the hunt for the assassin.

In the crowd is Howard

Lewis (Forest Whitaker), an American tourist who thinks he's captured the shooter on his camcorder while videotaping the event for his kids back home.

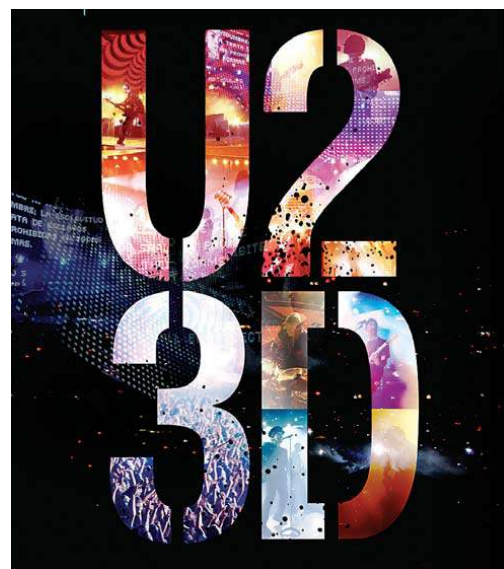
Also there, relaying the historic event to millions of TV viewers across the globe, is American TV news producer

Rex Brooks (Sigourney Weaver).

As they and others reveal their stories, the pieces of the puzzle will fall into place, and it will become apparent that shocking motivations lurk just beneath the surface.



longstanding embrace of technology and its belief that *U2 3D* has the potential to revolutionize digital 3D technology. *U2 3D* was shot in South America during the final leg of their Vertigo tour. Combining advanced digital 3D imagery and 5.1 Surround Sound with the unique excitement of a live U2 concert, *U2 3D* takes viewers on an extraordinary cinematic journey, a quantum leap beyond traditional concert films.



For over a quarter-century, U2 has been recognized not only for their musical innovation, but for their incomparable gift for reaching millions of fans through new technologies. *U2 3D*, the first digital 3D, multi-camera, real-time production, reflects the band's

CELEB NEWS

The **oldest recording in history** has been discovered by U.S. audio historians at a Paris archive, Reuters reported. It was made on April 9, 1860, 17 years before Edison's invention of the phonograph, by Parisian inventor Edouard-Leon Scott de Martinville on a device called the phonautograph. The device converted sound waves into a visual image on a sheet of paper, but, unlike Edison's device, was not meant to be played. However, using modern technology the recording has been recreated digitally, revealing 10 seconds of a person singing. In an interview audio historian David Giovannoni said of the recording, "It's like discovering the world's oldest photograph and learning that the photograph was taken 17 years before the invention of the camera".

«»»» Teenage actor **Thomas Sangster** is set to take on the role of cult comic hero **Tintin** in the upcoming movie franchise, according to reports. The 17-year-old Brit, who has starred in hit movies *Love Actually* and *Nanny McPhee*, is said to have emerged as the frontrunner to play the intrepid young reporter in a trilogy of films based on the famed comics by Belgian cartoonist Herge, aka Georges Remi. And Sangster sparked further speculation he is to be handed the lead role in the planned film trilogy after flying to Los Angeles to work on test action sequences with renowned moviemaker **Steven Spielberg**, who is to direct the first instalment in the franchise. Although Sangster's agent has refused to comment about his involvement with the project, due to start shooting in the autumn, the representative admits the Brit has travelled to Hollywood for meetings and urges fans to "watch this space". If Sangster does win the leading role, he will join fellow British star **Andy Serkis** in the film franchise. Serkis has signed on to play Tintin's sidekick Captain Haddock. The trilogy will reportedly be split between Spielberg and **Peter Jackson**, with the *Saving Private Ryan* director managing the first film in the franchise, and the *Lord Of The Rings* moviemaker taking on the second and third.

«»»» Actor **Samuel L. Jackson** painted the railings on the motel balcony where civil rights leader **Martin Luther King, Jr.** was killed in 1968. The *Pulp Fiction* star helped clean up the National Civil Rights Museum in Memphis, Tennessee days ahead of the 40th anniversary of King's murder. The civil rights icon was shot dead there on April 4, 1968. Jackson, 59, said, "Being a Tennessean, being part of the civil rights movement, growing up through it, being in it, of it, around it, knowing the significance of preserving our history and having a place people can come to and an emotionally connection is very important".

«»»» *House* star **Hugh Laurie** hates talking to the press about his past, comparing the experience with putting his "testicles on a chopping board." The British actor, who has previously admitted to suffering from clinical depression, tries to remain upbeat by focusing on the future. But reporters like to delve into his background, and their questions often trigger a negative mood swing in Laurie. He says, "Obviously you are in a very vulnerable position (when you give an interview). I get anxious about a lot of things, that's the trouble. I get anxious about everything. I just can't stop thinking about things all the time. And here's the really destructive part - it's always retrospective. I waste time thinking of what I should have said or done. I can't bear going through the same dance of despair".

«»»» James Bond, Rocky, and the Pink Panther will all find homes away from home in Abu Dhabi as part of a multi-billion-dollar development project announced by **MGM** and Sorough Real Estate. The 150-acre "entertainment destination," which will include hotels, shops, restaurants and themed attractions, is due to open in 2012. **MGM** will receive licensing fees from the complex while the United Arab Emirates developer will finance, construct and manage the property, **MGM** said. «»»»

NORTH

UCI CINEMAS
ARRABIDA SHOPPING
TEL: 707 23 22 21
3 APR-9 APR



Vantage Point
Dennis Quaid, Forest Whitaker
St. Trinian's
Rupert Everett, Colin Firth
Death Sentence
Kevin Bacon, Garrett Hedlund
The Other Boleyn Girl
Eric Bana, Natalie Portman
Winx Club: The Secret of the Lost Kingdom
Animation
Awake
Hayden Christensen, Jessica Alba
I'm Not There
Cate Blanchett, Christian Bale
The Ugly Duckling and Me
Animation PV
August Rush
Freddie Highmore, Keri Russell
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Halloween
Malcolm McDowell, Tyler Mane
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
No Country for Old Men
Tommy Lee Jones, Javier Bardem
10,000 BC
Steven Strait, Camilla Belle
Mad Money
Diane Keaton, Queen Latifah
Sleuth
Michael Caine, Jude Law
The Mist
Thomas Jane, Nathan Gamble
The Bucket List
Jack Nicholson, Morgan Freeman
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Juno
Ellen Page, Michael Cera
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
The Nanny Diaries
Scarlett Johansson, Laura Linney
Michael Clayton
George Clooney, Tom Wilkinson
Horton Hears a Who
Animation OV & PV

LUSOMUNDO
FORUM AVEIRO
TEL: 707 246362
3 APR-9 APR

Winx Club: The Secret of the Lost Kingdom
Animation PV
Juno
Ellen Page, Michael Cera
August Rush
Freddie Highmore, Keri Russell
The Other Boleyn Girl
Eric Bana, Natalie Portman
No Country for Old Men
Tommy Lee Jones, Javier Bardem
The Bucket List
Jack Nicholson, Morgan Freeman
Mad Money
Diane Keaton, Queen Latifah
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
The Hunting Party
Richard Gere, Terrence Howard
Vantage Point
Dennis Quaid, Forest Whitaker

LUSOMUNDO
GLICÍNIAS
TEL: 707 246362
3 APR-9 APR

The Mist
Thomas Jane, Nathan Gamble
Death Sentence
Kevin Bacon, Garrett Hedlund
10,000 BC
Steven Strait, Camilla Belle
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
The Ugly Duckling and Me
Animation PV
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Horton Hears a Who
Animation PV
Jumper
Hayden Christensen, Samuel L. Jackson
Winx Club: The Secret of the Lost Kingdom
Animation PV
Awake
Hayden Christensen, Jessica Alba

LUSOMUNDO
DOLCE VITA COIMBRA
TEL: 707 246362
3 APR-9 APR

Vantage Point
Dennis Quaid, Forest Whitaker
10,000 BC
Steven Strait, Camilla Belle
Winx Club: The Secret of the Lost Kingdom
Animation PV
The Hunting Party
Richard Gere, Terrence Howard
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
The Bucket List
Jack Nicholson, Morgan Freeman
Michael Clayton
George Clooney, Tom Wilkinson
August Rush
Freddie Highmore, Keri Russell
Die Fälscher
Karl Markovics, August Diehl
The Other Boleyn Girl
Eric Bana, Natalie Portman
P.S. I Love You
Hilary Swank, Gerard Butler
No Country for Old Men
Tommy Lee Jones, Javier Bardem

LUSOMUNDO
FORUM COIMBRA
TEL: 707 246362
3 APR-9 APR

The Ugly Duckling and Me
Animation PV
Mad Money
Diane Keaton, Queen Latifah
Death Sentence
Kevin Bacon, Garrett Hedlund
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Horton Hears a Who
Animation PV
Jumper
Hayden Christensen, Samuel L. Jackson
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Halloween
Malcolm McDowell, Tyler Mane

LUSOMUNDO
FOZPLAZA
TEL: 707 246362
3 APR-9 APR

Winx Club: The Secret of the Lost Kingdom
Animation PV
10,000 BC
Steven Strait, Camilla Belle
Death Sentence
Kevin Bacon, Garrett Hedlund
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Halloween
Malcolm McDowell, Brad Dourif
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Definitely, Maybe
Ryan Reynolds, Isla Fischer

LUSOMUNDO
FERRARA PLAZA
TEL: 707 246362
3 APR-9 APR

The Ugly Duckling and Me
Animation PV
Halloween
Malcolm McDowell, Brad Dourif
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Horton Hears a Who
Animation PV
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Winx Club: The Secret of the Lost Kingdom
Animation PV
10,000 BC
Steven Strait, Camilla Belle
The Other Boleyn Girl
Eric Bana, Natalie Portman

LUSOMUNDO
DOLCE VITA DOURO
TEL: 707 246362
3 APR-9 APR

No Country for Old Men
Tommy Lee Jones, Javier Bardem
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Halloween
Malcolm McDowell, Brad Dourif
Winx Club: The Secret of the Lost Kingdom
Animation PV
There Will Be Blood
Daniel Day-Lewis, Dillon Freasier

10,000 BC
Steven Strait, Camilla Belle
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Horton Hears a Who
Animation PV
Michael Clayton
George Clooney, Tom Wilkinson
Death Sentence
Kevin Bacon, Garrett Hedlund

LUSOMUNDO
FORUM VISEU
TEL: 707 246362
3 APR-9 APR

The Nanny Diaries
Scarlett Johansson, Laura Linney
10,000 BC
Steven Strait, Camilla Belle
Horton Hears a Who
Animation PV
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Vantage Point
Dennis Quaid, Forest Whitaker
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Awake
Hayden Christensen, Jessica Alba
Winx Club: The Secret of the Lost Kingdom
Animation PV
Halloween
Malcolm McDowell, Brad Dourif
The Bucket List
Jack Nicholson, Morgan Freeman

LUSOMUNDO
FORUM VIZELA
TEL: 707 246362
3 APR-9 APR

The Other Boleyn Girl
Eric Bana, Natalie Portman
Sydney White
Amanda Bynes, Matt Long
Ratatouille
Animation PV
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker

LUSOMUNDO
BRAGA PARQUE
TEL: 707 246362
3 APR-9 APR

Death Sentence
Kevin Bacon, Garrett Hedlund
The Bucket List
Jack Nicholson, Morgan Freeman
Vantage Point
Dennis Quaid, Forest Whitaker
10,000 BC
Steven Strait, Camilla Belle
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Horton Hears a Who
Animation PV
August Rush
Freddie Highmore, Keri Russell
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
The Other Boleyn Girl
Eric Bana, Natalie Portman
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Winx Club: The Secret of the Lost Kingdom
Animation PV
No Country for Old Men
Tommy Lee Jones, Javier Bardem

LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362
3 APR-9 APR

Vantage Point
Dennis Quaid, Forest Whitaker
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
The Bucket List
Jack Nicholson, Morgan Freeman
Horton Hears a Who
Animation PV
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Winx Club: The Secret of the Lost Kingdom
Animation PV
10,000 BC
Steven Strait, Camilla Belle
Interview
Sienna Miller, Steve Buscemi

LUSOMUNDO
MAIA SHOPPING
TEL: 707 246362
3 APR-9 APR

Horton Hears a Who
Animation PV
The Other Boleyn Girl
Eric Bana, Natalie Portman

The Ugly Duckling and Me
Animation PV
Juno
Ellen Page, Michael Cera
Winx Club: The Secret of the Lost Kingdom
Animation PV
Michael Clayton
George Clooney, Tom Wilkinson
Mad Money
Diane Keaton, Queen Latifah
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Halloween
Malcolm McDowell, Brad Dourif

LUSOMUNDO
NORTE SHOPPING
TEL: 707 246362
3 APR-9 APR

Sleuth
Michael Caine, Jude Law
The Bucket List
Jack Nicholson, Morgan Freeman
Vantage Point
Dennis Quaid, Forest Whitaker
St. Trinian's
Rupert Everett, Colin Firth
The Mist
Thomas Jane, Nathan Gamble
Winx Club: The Secret of the Lost Kingdom
Animation PV
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Horton Hears a Who
Animation PV
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary

LUSOMUNDO
GAIA SHOPPING
TEL: 707 246362
3 APR-9 APR

The Ugly Duckling and Me
Animation PV
Caramel / Sukkar Banat
Nadine Labaki, Yasmine Elmasri
Death Sentence
Kevin Bacon, Garrett Hedlund
Horton Hears a Who
Animation PV
Sydney White
Amanda Bynes, Matt Long
Vantage Point
Dennis Quaid, Forest Whitaker
Winx Club: The Secret of the Lost Kingdom
Animation PV
The Other Boleyn Girl
Eric Bana, Natalie Portman
Mad Money
Diane Keaton, Queen Latifah
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Halloween
Malcolm McDowell, Tyler Mane
Jumper
Hayden Christensen, Samuel L. Jackson
10,000 BC
Steven Strait, Camilla Belle

LUSOMUNDO
PARQUENASCENTE
TEL: 707 246362
3 APR-9 APR

10,000 BC
Steven Strait, Camilla Belle
Mad Money
Diane Keaton, Queen Latifah
Vantage Point
Dennis Quaid, Forest Whitaker
Horton Hears a Who
Animation OV & PV
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
The Other Boleyn Girl
Eric Bana, Natalie Portman
Definitely, Maybe
Ryan Reynolds, Isla Fischer
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Winx Club: The Secret of the Lost Kingdom
Animation PV
Halloween
Malcolm McDowell, Tyler Mane
Juno
Ellen Page, Michael Cera
I'm Not There
Cate Blanchett, Christian Bale
The Ugly Duckling and Me
Animation PV
No Country for Old Men
Tommy Lee Jones, Javier Bardem

OV = Original Version
PV = Portuguese Version

North



PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com



DAILY

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (Museum & Casa de Serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • serralves@serralves.pt • www.serralves.pt

UNTIL 20 APRIL



Exhibition 'Chain of Revelation' by Júlio Pomar at Museu de Serralves • Júlio Pomar is one of the most acclaimed Portuguese artists, with extremely diversified works developed along more than 50 years. A combination of raw materials and colour • Serralves Museum • Tel: 226156500 / 543 / 584 • www.serralves.pt

Centre

CASCAIS

DAILY

Cascais Cultural Centre • 10h00 to 18h00 (Closed Mon) • Av. Rei Humberto II de Itália • 214848900

DAILY



Sea Museum – Rei D. Carlos • Guided tours: 214825081 • Rua Júlio Pereira de Mello • 10h00-19h00; closed Mondays & Public Holidays • 214825400

ESTORIL

ON SHOW



FOUR: SPIRIT OF THE ELEMENTS • Creative direction by Michael McPherson, ex-performer of Cirque du Soleil • A show not to be missed at Salão Preto e Prata de Casino Estoril • Reservations: 214667700 • Praça José Teodoro dos Santos • info.cestoril@estoril-sol.com • www.casino-estoril.pt

www.the-news.net

LISBOA

10, 11 APRIL

Concert by Gulbenkian Orchestra • Christian Badea (conductor); Jian Wang (cello) • works from Dan Dediu, Antonin Dvorák, Dmitri Chostakovitch • Grand Auditorium of Calouste Gulbenkian Foundation • Av. de Berna, 45A • www.gulbenkian.pt • 217823000

12 APRIL

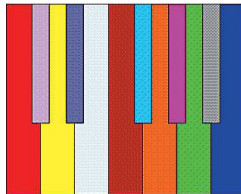


Concert 'Música pelo Médio Oriente' (Music along the Middle East) • 21h30 • S. Jorge Cinema on Av. da Liberdade • Ticket price: €10 • Ticket sales at the cinema box office, Fnac stores and www.ticketline.pt

13 APRIL

Concert included in the Great World Orchestras Series by Sächsische Staatskapelle Dresden conducted by Fabio Luisi • Rua das Portas de Santo Antão, 96 • 213240580 • www.coliseul Lisboa.com

5 APRIL



Concert 'Poema de Fogo' (A Poem of Fire) commemorating Porto's University Anniversary • More than 200 performers on stage • Suggia Theatre of Casa da Música • 18h00 • Tickets: €15 • 220120214 • www.casadamusica.com

GUIMARÃES

19 APRIL

Anja Garbarek in Concert • 22h00 • Grand Auditorium of Centro Cultural Vila Flor • Prices from €10 to €15 • Av. • D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt

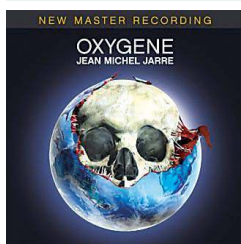


21 APRIL



Steve Smith and Vital Information present in concert 'Vitalization' • São Jorge Cinema • 21h30 • Tickets from €22 to €27 • Tickets: Ticketline, Fnac, Agência Abep and Alvalade, São Jorge Cinema

25 APRIL



For the 1st time in Portugal the French world acclaimed electronic musician & composer Jean Michel Jarre presents his Mega Show of light & music 'Oxigène' • Coliseu dos Recreios • 21h30 • Tickets from €25 to €240 • Tickets: Ticketline, Fnac, Agências Abep and Alvalade & Coliseu dos Recreios

SINTRA

DAILY



Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Algueirão Velho, Fitares and Meleças • Tel: 219164303 • Fax: 219236150

South



ALBUFEIRA

DAILY

Municipal Archaeological Museum • The museum is situated on Praça da República, nº 1 • Open in the Summer from 14h00 to 20h00 (closed Mondays); the remainder of the year open from 10h30 to 16h30 (closed Mondays) • 289512258 • www.cm-albufeira.pt



ALCANTARILHA

DAILY



Art Gallery at Capela das Artes • Quinta da Cruz on E.N. 125 • Open Tuesdays to Sundays from 16h00 to 21h00 • 282320200 • Fax: 282320209 • admin@capeladasartes.com • www.capeladasartes.com

FARO

8 APRIL

Included in the Pedagogic Concert Series, the Orquestra do Algarve conducted by Alberto Roque will perform at Teatro das Figuras at 10h30 • Works from Felix Mendelssohn • 21h30 • For more information, please call: 289 860 890/6 or visit the Algarve Orchestra website: www.orquestradoalgarve.com

PORTIMÃO

21 APR-23 MAY



Painting Exhibition by Vitality Manich • EMARP - Empresa Municipal de Águas e Resíduos de Portimão, EM • Emarp is situated on Rua José António Marques, 17 • 282400260 • www.emarp.pt

SILVES

12 APRIL



Dinner Dance - Live Music with António Moura • Raffle in aid of Lar de Crianças Bom Samaritano • Ponte Romana Restaurant • 19h30 • 4 course dinner • Price per person: €25 • Please book until 10 April • Please call: Angela 936384275 or Joana 91917638 or email organice.pt@gmail.com

SANTANADA SERRA

DAILY

Horse Riding and Walking at Equi-Serra • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • www.equiserra.com



SÃO B. MESSINES

TUE, WED, SAT

'Desperate Horsewives!' social horseriding & lunch for mums and golf widows Tuesday am. • Pony Club Sat am & Weds pm • Quinta da Bica, Messines • Livery, hacks, lessons, horse-share and children's pony parties • Call 282332746 or 914795301 • quintadabica@hotmail.com

SERPA

DAILY



Museu Arqueológico (Archaeological Museum) • Alcáçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • www.cm-serpa.pt

TAVIRA

DAILY



Cachopo Museum • Centro Paroquial de Cachopo • Tel: 289844191 • www.cm-tavira.pt

Café Inglês in Silves

presents the following weekend programme:
Friday, 4th April at 20h30 - Cristina Afonso Trio (Blues, Ballads & Jazz).
Saturday, 5th April at 20h30 - Goodvibes (Heike Brockmann - guitar; David Gausden - contrabass; Duncan Kinnell - vibraphone).
Sunday, 6th April at 15h00 - Makudilé (Afro Brasil Quintet)
Tel: 282 442585

The Bon-Bon (Sesmaria) proudly presents

'Jazz on a Friday'



Every Friday from 20h00 to 11h00
Dine and listen to the stylish
JazzSilk (duo)

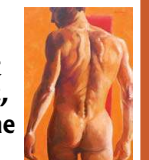
Easy-listening - cool, smooth, romantic Latin-Jazz
Tel: 282 341 496 for reservations

ART EXHIBITION

Paintings by **MariAn Simpson** until **30 April at Adamastor Restaurant** and Gallery in **Foz do Arelho** on the Silver Coast (The exhibition is located in the pink building by the roundabout on the road above the beach) MariAnArtist@aol.com



London based artist Peter Kavanah's series of male studies permanent exhibition & Beaman Cole's food POP Art,



part of the exciting Young American Exhibition

CORTE REAL ART GALLERY

(Just off the EN125 in Boliqueime)

♦ Wednesday to Sunday from 10h00 to 17h00 ♦
Gallery Café Open - Perfect place to meet friends.
Tel: +351 912 737 762 Mobile: +351 918 980 199
www.corterealarte.com simonvrose@aol.com

'EAST ALGARVE WALKS'

- Every Friday Morning -
For more information, call Brian on:
913 595 868
moonlightservices@yahoo.co.uk



BBC1

6.00 Breakfast. (T) 9.50 Saturday Kitchen. (T) 11.20 Take on the Takeaway. (R) (T) 11.50 BBC News; Weather. (T) 12.00 Match of the Day Live: The FA Cup. West Bromwich Albion v Portsmouth (Kick-off 12.15pm). (T) 2.30 The Grand National. Including the 4.15 John Smith's Grand National Steeple Chase (4m 4f). (T)

5.00 BBC News; Regional News; Weather. (T) 5.20 Weakest Link. Celebrities from the world of food and drink compete. (T)

6.20 Doctor Who. Catherine Tate partners David Tennant for a new series of sci-fi adventures, and the pair begin by taking on an alien threat led by the villainous Miss Foster (Sarah Lancashire). (T)

7.10 I'd Do Anything. The talent search for singers to appear in Oliver! continues with the second live show, in which the remaining 11 Nancys take to the stage in a bid to gain viewers' votes. Andrew Lloyd Webber and panellists John Barrowman, Denise Van Outen and Barry Humphries will also select the second Oliver to have a guaranteed place in the semi-final. Graham Norton hosts. Results are tomorrow at 7.30pm. (T)

8.20 The National Lottery Draws. The balls are set rolling and the results of the Thunderball, Dream Number and Lotto draws are revealed. (T)

8.30 Casualty. Ruth is welcomed back to the ED, but is dismayed to learn she will be working on a non-clinical basis and monitored by Abs. Toby treats a squatter with a fractured pelvis, only for Maggie to question his ability, and a fire alarm causes chaos at the hospital. Liz May Brice guest stars. (T)

9.20 Love Soup. A new addition to the sales team causes havoc, while Cleo and Milly decide to assist Alice in her pursuit of love - by screening men's confidential prescription records at the pharmacy. (T)

9.50 BBC News; Weather; (T) National Lottery Update. (T)

10.10 Match of the Day. Gary Lineker introduces highlights of this afternoon's FA Cup semi-final at Wembley Stadium between West Bromwich Albion and Portsmouth. Pompey boss Harry Redknapp is aiming to reach the final of a major competition for the first time in his managerial career and his side are the favourites to lift the trophy in a shock-filled season. Plus, Premier League action, including Arsenal v Liverpool at the Emirates Stadium and the clash at Craven Cottage between Fulham and Sunderland. (T)

11.40 Grand National Highlights. The 161st running of the prestigious steeplechase at Aintree. (T)

12.10 FILM: Fist of Legend (1994). Martial arts thriller, starring Jet Li. Dubbed in English. (T) 1.50 Friday Night with Jonathan Ross; (R) (T) Weatherview. 2.55 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.50 Tweenies Safety Shorts. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 WITCH. (T) 7.35 Trollz. (R) (T) 8.00 The Sorcerer's Apprentice. (R) (T) Thumb Wrestling Federation: TWFF. (R) (T) 8.30 Thumb Wrestling Federation: TWFF. (R) (T) 8.35 Even Stevens; (R) (T) Diddy Dick & Dom. (R) (T) 9.00 Escape from Scorpion Island. (R) (T) 9.30 Escape from Scorpion Island. (R) (T) 10.00 Hedz. (R) (T) 10.30 The Slammer. (R) (T) 11.00 What's New Scooby-Doo? (R) (T) 11.20 Animalia. (R) (T) 11.45 Sportsround. (T) 12.00 BBC Switch: Sound. (T) 12.30 BBC Switch: The Surgery. (T) 12.50 BBC Switch: Thern. (T) 1.00 The Grand National. Two races from today's meeting at Aintree. Coverage continues on BBC One. (T) 2.30 FILM: The Watcher in the Woods (1980). Spooky thriller, starring Bette Davis. (T) 3.50 Monk. (T) 4.35 Final Score. 5.15 Search for Ireland's Giant Tortles. (R) (T) 5.45 Watching the Wild: Cornish Seals. (T) 5.55 FILM: Mosquito Squadron (1968). World War Two drama, starring David McCallum. (T) 7.25 Dad's Army. Lance Corporal Jones takes the plunge and decides to make an honest woman of Mrs Fox. Last ever episode of the wartime comedy, starring Arthur Lowe and John Le Mesurier. (R) (T) 8.00 China's Terracotta Army. The British Museum's exhibition. (R) (T) 9.00 Have I Got News for You. With host Rob Brydon. (R) (T) 9.30 FILM: The Shipping News (2001). Lasse Hallström's icily atmospheric drama, starring Kevin Spacey as a man struggling to start afresh and rebuild his life after the death of his abusive wife. Judi Dench also stars. (T) 11.15 The Apprentice. (T) 12.15 FILM: Full Frontal (2002). Comedy drama, starring David Duchovny. (T) 1.50 Space Race. (R) (T) 2.50 Mad Men. (R) (T) 3.40 Monk. (R) (T) 4.25 Close.

Pick of the Day

Doctor Who (BBC1, 6.20pm)

Well, what can we write about this show that hasn't been written before? Not much really, considering the fact it's one of the most-discussed programmes to appear on the box for many a moon. Each series is greeted with much enthusiasm, and this one - the fourth since the Doctor's return to our screens - is no different. David Tennant is back as the gallivanting Gallifreyan, and this time is rejoined in the Tardis by Catherine Tate as Donna Noble, who appeared in the 2006 Christmas episode The Runaway Bride. However, those who disliked her 'doing it for laughs' performance shouldn't worry, head writer Russell T Davies assures us Tate is playing it straight this time - thank goodness. Here, Donna desperately needs the Doctor's help, but finding him proves tricky. Thankfully, he always seems to turn up in the nick of time whenever there's an alien threat around. And he'll need all his wits about him if he's to defeat the villainous Miss Foster and the mysterious Adipose. Sarah Lancashire guest stars, alongside ex-Holly City actress Verona Joseph and Doctor Who veteran Bernard Cribbins.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Beauty & the Geek. (R) (T) 9.55 T4: Friends. (R) (T) 10.25 T4: Friends. (R) (T) 11.00 T4: Everybody Loves Lil Chris. (T) 11.35 T4: Vanity Lair. (R) (T) 12.40 T4: 4Music Presents: Mariah Carey. 1.15 T4: T4 on the Beach: Buried Treasures. (R) (T) 2.00 Channel 4 Racing from Lingfield Park and Newcastle. Including the 3.15 International Trial Stakes (1m). (T) 3.35 Jamie at Home. (R) (T) 4.05 The TV Show. (T) 4.35 Deal or No Deal. (T) 5.30 Location, Location, Location. (R) (T) 6.30 Channel 4 News. (T) 7.10 Grand Designs. Building a contemporary bungalow in Maidstone. Last in series. (R) (T) 8.15 ER. Abby checks out of rehab and finds her way back to the ER. Harold finds new confidence after a night with Neela's cousin, and multiple victims of a fire are admitted to the ward. (T) 9.15 FILM: Big Momma's House (2000). Dedicated FBI agent Martin Lawrence will stop at nothing to catch a villain - even if it means dressing as an obese old woman. Comedy, with Nia Long. (T) 11.05 The Friday Night Project. (R) (T) 12.10 4Music Presents: Mariah Carey. The singer performs tracks from her new album. (R) 12.45 FILM: Taxi Driver (1976). Disturbing drama, starring Robert De Niro. (T) 2.45 FILM: Dual Alibi (1946). Thriller, starring Herbert Lom. (T) (bw) 4.15 Countdown. (R) (T) 5.00 Cycling. The Tour de Langkawi.

FIVE

6.00 Sunrise. 7.00 Milkshake! Hi-5. (R) (T) 7.40 The Beeps. (R) (T) 8.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.30 Little Princess. (R) (T) 8.50 Hana's Helpline. (R) (T) 9.05 Gerald McBoing Boing. (R) (T) 9.25 Jane and the Dragon. (R) (T) 10.00 Football Italiano Highlights. (T) 10.50 Neighbours. (T) 1.00 FILM: Walkabout (1970). Drama, starring Jenny Agutter. (T) 2.50 FILM: The Monster Squad (1987). Horror spoof, starring Duncan Regehr. (T) 4.20 five news and sport. (T) 4.40 FILM: Chisum (1970). Western, starring John Wayne. (T) 6.40 FILM: Return of the Magnificent Seven (1966). One of the original team of gunfighters is kidnapped, prompting two former comrades to take on new recruits and ride to the rescue. Western sequel, with Yul Brynner. (T) 8.25 NCIS. The team hear that an old enemy has returned, and Gibbs is distressed to learn he is being targeted as the criminal's next victim. Guest starring Rudolf Martin. (R) (T) 9.20 CSI: NY. A family-court judge is beaten to death in his apartment with no sign of forced entry, and a college student is shot dead in the street. Flack fears Danny is looking for revenge. (T) 10.20 Law & Order. (T) 11.20 Crimes That Shook the World. (R) (T) 12.20 Quiz Call. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. The work of an animal sanctuary. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 10.00 Coronation Street. (T) 11.00 ITV News and Weather. (T) 11.05 London Today; Weather. (T) 11.10 F1: Bahrain Grand Prix Qualifying. From Bahrain International Circuit. (T) 1.35 Coronation Street. (T) 2.50 Rosemary & Thyme. (R) (T) 4.20 London Tonight; Weather. (T) 4.35 ITV News and Weather. (T) 4.50 FILM: Scooby-Doo (2002). Live-action comedy, starring Sarah Michelle Gellar. (T)

6.20 You've Been Framed! Harry Hill raids the archives to narrate a compilation of clips featuring youngsters, including the barniest babies, craziest kids and most terrible teenagers featured on the show (R) (T)

7.20 Harry Hill's TV Burp. The quirky comic takes a surreal look at the week's small-screen highlights, subjecting the latest soap sagas, reality shows and documentaries to his unique brand of scrutiny. (T)

7.50 Duel. Nick Hancock hosts the last in the series of the high-tension quiz in which one wrong answer means instant elimination. Two contestants go head to head, armed with 10 chips with which they can cover as many of the multiple-choice answers as they choose. But as their chips disappear, so do their chances to cover all the bases - so the contest ends up being a battle of both knowledge and nerve. (T)

8.55 ITV News and Weather; Weather. (T) 9.15 Big Fight Live. Amir Khan v Martin Kristjansen. Coverage of the WBO Lightweight title eliminator at Bolton Arena, where Commonwealth champion Khan puts his unbeaten record on the line. (T)

10.30 FILM: Total Recall (1990). Enjoyable sci-fi adventure, starring Arnold Schwarzenegger as a construction worker who resolves to exact revenge on the ruthless tyrant who erased his memory. With Sharon Stone. (T)

12.35 Nightwatch with Steve Scott: Mystery; (T) ITV News Headlines. 2.25 FILM: Mad Dog and Glory (1992). Comedy drama, starring Robert De Niro. (T) 4.00 ITV Nightscreen.

The codes are:

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

LOCAL

RTP1

0630 Childrens TV 0710 Brinca Comigo 0800 Bom Dia Portugal Fim-de-Semana 1100 Miss Cast Away. film 1130 Segredos da Natureza 1230 Contra 1300 News 1415 Top + 1530 Missão de Joan 1715 Miracle Dogs Too, film 1915 O Preço Certo 2000 News 2115 Operação Triunfo 0215 Film TBA 0415 Teleales

RTP2

0700 Euronews 0730 África 7 Dias 0800 Couto & Coutadas 0830 Entre Pratos 0900 Universidade Aberta 1000 The Moscow Bolshoi Circus 1230 Chocolate, film 1300 Kabomom 1330 Bombordo 1400 Afeganistão - O Tráfico de Heroína 1500 Sport 2 1900 Entre Pratos 1930 Kaboom 2100 Diga Lá Excelência 2145 A Hora da Sorte 2020 News 2315 Um Longo Domingo de Noivo, film 0245 Sport 0615 Euronews

SIC

0700 Sic Kids 0845 Disney Kids 1030 CHiquititas 1200 Nosso Mundo 1300 News 1715 Sahara, film 2000 News 2130 Camacho Costa: 5 Anos de Saude 2300 Desejo Proibido 0000 Resistirei 0145 Stepister from Planet Weird, film 0330 Quando o Telefone Toca

TVI

0700 Childen TV 0900 Smackdown Wrestling 1030 O Bando dos 4 1200 DeLuxe 1400 Eureka II 1600 Two Brothers 1800 Dickie Roberts 2000 News 2245 Deixa-me Amar 0000 Stone Cold, film 0200 Toca a Ganhar 0330 Um Cão do Outro Mundo 0500 The Office 0530 Teleales

Best of the Rest

BBC3

7.00 Football Gaffes Galore 7.10 Doctor Who Confidential 8.00 Top Gear 9.00 Two Pints of Lager Out-Takes 9.20 Film: Sin City 18 (2005) 11.15 Gavin & Stacey 11.45 Gavin & Stacey 12.15 Gavin & Stacey 12.45 Gavin & Stacey 1.15 Family Guy 1.40 Family Guy 2.00 Lily Allen and Friends 2.45 EastEnders: Ricky and Bianca 3.45 Two Pints of Lager Out-Takes 4.00 Doctor Who Confidential 4.45 Close

BBC4

7.00 Sounds of the Sixties 7.10 The Naked Civil Servant 8.30 Doctor Who: The Daleks 8.55 Doctor Who: The Daleks 9.50 Doctor Who: The Daleks 9.50 Verity Lambert: Drama Queen 10.50 Minder 11.45 Jonathan Creek 12.35 Mark Lawson Talks to George Cole 1.35 Minder 2.30 Verity Lambert: Drama Queen 3.30 The Hard Sell 4.00 Close

ITV2

1.50 Guilty Pleasures 2.50 The Passions of Girls Aloud 3.50 The Passions of Girls Aloud 4.50 The Passions of Girls Aloud 5.50 The Passions of Girls Aloud 6.50 Gossip Girl 7.50 Film: Liar, Liar 12 (1997) 9.20 Katie & Peter: The Next Chapter 10.20 Ghosthunting with I'm a Celebrity 12.20 Al Murray's Happy Hour 1.25 The Passions of Girls Aloud 2.25 Entourage 2.55 The Office: An American Workplace 3.25 Movies Now 3.35 Emmerdale

Sky One

1.00 Are You Smarter Than a 10 Year Old? 2.00 Are You Smarter Than a 10 Year Old? 3.00 Are You Smarter Than a 10 Year Old? 4.00 Brainiac: Science Abuse 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Futurama 6.30

Futurama 7.00 Futurama 7.30

Futurama 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Road Wars 11.00 Law & Order 12.00 American Mafia: From Street to Screen 1.00 Film: In The Spider's Web (2007) 2.30 Road Wars 3.25 Battlestar Galactica 5.00 Bite Size Brainiac 5.10 Guilty!

UKTV Gold

1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 Last of the Summer Wine 3.00 Last of the Summer Wine 3.40 Last of the Summer Wine 4.20 Last of the Summer Wine 5.00 Open All Hours 5.40 Porridge 6.20 The Thin Blue Line 7.00 My Family 7.40 dinnerladies 8.20 Blackadder the Third 9.00 Film: Face/Off 18 (1997) 11.40 Blackadder the Third 12.20 The Thin Blue Line 1.00 Men Behaving Badly 1.40 Two Pints of Lager and a Packet of Crisps 2.15 Baywatch 3.00 Some Mothers Do 'Ave 'Em 3.30 As Time Goes By 4.00 2point4 Children 4.30 Last of the Summer Wine 5.00 Last of the Summer Wine 5.30 Last of the Summer Wine

TCM

1.00 Blossoms in the Dust PG (1941) 3.00 The Scapegoat PG (1959) 4.45 Humoresque PG (1946) 7.00 Adam's Rib U (1949) 9.00 North by Northwest PG (1959) 11.25 Coma 15 (1978) 1.40 Mutiny on the Bounty 15 (1962) 5.00 The Cabin in the Cotton U (1932)

The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: High School Musical Sing-Along Version U (2006) Teen drama, starring Zac Efron. 5.35 Film: High School Musical 2: Singalong U (2007) Comedy sequel, starring Zac Efron.

MOVIES

Sky Movies Drama

7.00 Undercover Angel PG (1998) 8.40 Holy Matrimony PG (1994) 10.20 Colombo Undercover PG (1994) 12.00 The War PG (1994) With Kevin Costner. 2.10 Robin Hood PG (1990) With Patrick Bergin. 4.00 Jarhead 15 (2005) With Jake Gyllenhaal. 6.05 The Family Stone PG (2005) With Claire Danes. 8.00 The Last King of Scotland 15 (2006) With Forest Whitaker. 10.05 Cruel Intentions 15 (1999) With Sarah Michelle Gellar. 11.50 Pacific Heights 15 (1990) With Michael Keaton. 1.35 The Ice Harvest 15 (2005) With John Cusack. 3.10 See Arnold Run 12 (2005) 4.45 Holy Matrimony PG (1994)

Sky Movies Comedy

6.25 Racing Ace PG (2005) 8.05 Good Burger PG (1997) 9.45 Grease PG (1978) 11.35 Sgt Bilko PG (1996) With Steve Martin. 1.15 Big Momma's House 2 PG (2006) With Martin Lawrence. 3.00 Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan 15 (2006) With Sacha Baron Cohen. 4.30 Grease PG (1978) With John Travolta. 6.20 Big Momma's House 2 PG (2006) With Martin Lawrence. 8.00 A Fish Called Wanda 15 (1988) With John Cleese. 10.00 Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan 15 (2006) With Sacha Baron Cohen. 11.30 We're No Angels 15 (1989) With Robert De Niro. 1.20 I'm

Gonna Git You Sucka 15 (1988) With Keenen Ivory Wayans. 2.55 Racing Ace PG (2005) With Greg Germann. 4.35 Sgt Bilko PG (1996)

Sky Movies Action

6.30 Slipstream PG (1989) 8.20 Last Action Hero PG (1993) 10.35 Firewall 12 (2006) 12.35 Deja Vu 12 (2006) With Denzel Washington. 2.45 Alien Resurrection 18 (1997) With Sigourney Weaver. 4.45 Last Action Hero PG (1993) With Arnold Schwarzenegger. 7.00 16 Blocks 12 (2006) With Bruce Willis. 9.00 Deja Vu 12 (2006) With Denzel Washington. 11.10 The Delta Force 18 (1986) With Chuck Norris. 1.25 Alien Resurrection 18 (1997) With Sigourney Weaver. 3.20 The Young Americans 18 (1993) 5.10 Slipstream PG (1989)

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Champions League Weekly 7.30 Big League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Live Football Special. Arsenal v Liverpool (Kick-off 12.45pm). 3.00 Soccer Saturday 5.55 Live Super League. Leeds Rhinos v Wigan Warriors (Kick-off 6.00pm). 7.55 FA Cup Football 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 FA Cup Football 3.15 Sky Sports Classics 3.30 Champions League Weekly 4.00 Spanish Football

Sky Sports 2

6.00 Live Test Cricket. India v South Africa. 12.00 World Sport 12.30 Masters Tennis 2.30 Live European Rugby Union. London Irish v Perpignan (Kick-off 3.00pm). 5.00 Live European Rugby Union. Gloucester v Munster (Kick-off 5.30pm). 7.30 Live European Rugby Union. Newcastle Falcons v Castres (Kick-off 8.00pm). 10.00 Live Golf Night. The Kraft Nabisco Championship. 1.30 Golf Night 2.30 Super League 4.30 FA Cup Football 5.00 Live Test Cricket. India v South Africa.

Sky Sports 3

6.00 Friday Fight Night 8.00 NFL: America's Game 9.00 Masters Tennis 11.00 WWE: Smackdown 1.00 WWE: Bottom Line 2.00 Live European Tour Golf. The Estoril Open de Portugal. 6.00 Snow Adventures 6.30 World Sport 7.00 Live Spanish Football. A La Liga

match. 9.00 Live Spanish Football.

A La Liga match. 11.00 Extreme Championship Wrestling 12.00 WWE: Late Night - Smackdown 2.00 WWE: Late Night - Bottom Line 3.00 Test Cricket 4.00 Snow Adventures 4.30 NFL: America's Game 5.30 Champions League Weekly

British Eurosport

7.30 Eurogals 8.00 UEFA Cup Football 9.30 UEFA Cup Football 10.30 Live Porsche Super Cup. The first race of the Bahrain Grand Prix. 11.15 Eurogals 11.45 UEFA Cup Football 1.00 Live Artistic Gymnastics. The women's European Championship. 3.00 Live World Superbikes. Coverage of the Superpole session from Valencia. 3.50 WTA Tennis 4.30 Live Rallying. The Intercontinental Rally Challenge from Turkey. 5.00 Live WTA Tennis. The Sony Ericsson open final. 7.00 World Superbikes 7.50 MotoGP 8.30 Porsche Super Cup 9.00 Live Curling. Germany v Switzerland. 11.00 World Superbikes 11.50 euroCRASH! 12.00 Showtime Reality 1.00 Close

Sky Sports Xtra

6.00 Tight Lines 7.00 World Sport 7.30 Live Rugby Union. The Hurricanes v The Sharks (Kick-off 7.35am). 10.00 Live Rugby Union. The Waratahs v The Blues (Kick-off 10.40am). 12.30 Snow Adventures 1.00 NFL: Total Access 2.00 Test Cricket 3.00 Live Test Cricket. West Indies v Sri Lanka. 10.00 Test Cricket 11.00 NFL: Total Access 12.00 NFL: America's Game 1.00 Spanish Football 3.00 Max Power 4.00 Race World 5.00 Sports Unlimited

AIM

Removals & Storage

Local and national removals
UK & European Removals
International shipping
Professional packing service
On-site secure storage



Parque Industrial do Infante • Unit 8
EN 125 • Torre • Odiáxere
Tel: +351 282 799 141
Fax + 351 282 799 146
Email: info@aim.com.pt
Call into our office or visit us at
www.aim.com.pt

BBC1

6.00 Breakfast. (T) 7.25 Match of the Day. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Countryfile. (T) 12.00 BBC News: Weather. (T) 12.05 Diagnosis Murder. (R) (T) 12.50 'Allo 'Allo! (R) (T) 1.20 EastEnders. (T) 3.20 FILM: Big (1988). Comedy, starring Tom Hanks. (T)

5.00 Songs of Praise. Paul Rhodes meets people taking action to improve their health. Hymns from St Wilfrid's in Harrogate include The Lord's My Shepherd and O My Soul Arise and Bless your Maker. (T)

5.35 Olympic Torch Relay. Live coverage of the London-based leg. (T)

6.00 Keeping Up Appearances. Hyacinth is thrilled to be invited on a golfing weekend organised by the Major, relishing the social prestige it confers. Suburban sitcom, starring Patricia Routledge. (R) (T)

6.30 Seaside Rescue. Efforts made by the Maritime Rescue Services to help in the large-scale operations mounted during the flooding of central Britain in the summer of 2007. (R) (T)

7.00 BBC News: Regional News; Weather. (T)

7.30 I'd Do Anything. Graham Norton presents as the hopeful girls discover who will be progressing through to the next round of the competition, and one of the finalists for the part of Nancy is asked to leave. (T)

8.00 Tiger - Spy in the Jungle. The cubs are now half-grown, and their games become more serious as they begin learning the fighting skills they will need when they are adults. However, disaster strikes while the youngsters take a hunting lesson, and both their parents are injured, leaving them vulnerable to the predations of a rogue male tiger. David Attenborough presents. (T)

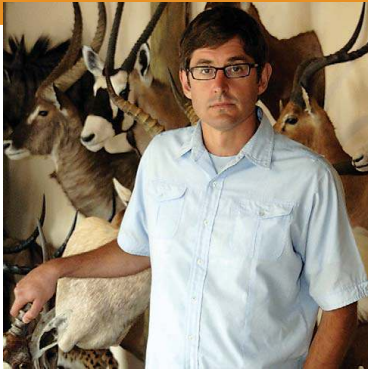
9.00 Casually 1907. Overwhelmed by conflicting feelings for her fiancé, Nurse Ada Russell crosses paths with Nobby Clark, a 15-year-old gang leader suffering from chronic alcohol poisoning. Laura Goodley finds herself inundated with patients from the slums suffering from diarrhoea. Period medical drama, starring Sarah Smart. (T)

10.00 BBC News: Weather. (T)

10.20 Road to Beijing: The Olympic Torch in London. As the Olympic Torch passes through London on its way to Beijing, gold medal-winning rower Matthew Pinsent joins presenter Riz Lateef to reveal the history of the prestigious globetrotting ceremony. Plus, Kelly Holmes travels to Plymouth to meet 13-year-old diver Tom Daley. (T)

10.50 FILM: Bedazzled (2000). Comedy, starring Brendan Fraser. (T)

12.15 The Sky at Night; (T) Weatherview. (T) 12.40 Sign Zone: Around the World in 80 Gardens. (R) (T) 1.40 Sign Zone: Holby City. (R) (T) 2.40 Sign Zone: Watchdog. (R) (T) 3.10 Sign Zone: To Buy or Not to Buy. (R) (T) 3.55 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.50 Tweenies Safety Shorts. (R) (T) 7.00 CBBC: Legend of the Dragon. (R) (T) 7.25 Watch My Chops. (R) (T) 7.35 The Batman; (R) (T) Bernard. (R) (T) 8.00 Trapped. (R) (T) 8.30 Raven: The Secret Temple. (R) (T) 9.00 Hider in the House. (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park. (R) (T) 12.30 FILM: Nicholas and Alexandra (1971). Epic historical drama, starring Michael Jayston. (T) 3.30 Gymnastics. The women's European Championship. (T) 5.05 Natural World. (R) (T) 5.55 Delia. (R) (T) 6.25 FILM: Millions (2004). Premiere. When a bag of stolen money falls from the sky, young Damian thinks it's a gift from God and decides to redistribute his new-found wealth. Comedy drama, with Alex Etel. (T) 8.00 Top Gear. Jeremy Clarkson gets to grips with a Peel, the smallest car in the world. Richard Hammond invents motor-home racing and the Ferrari 599 takes to the test track. (R) (T) 9.00 Louis Theroux's African Hunting Holiday. Game-hunting in Africa's Limpopo province. (T) 10.00 Match of the Day 2. Adrian Chiles reviews the day's Premier League action, including Middlesbrough v Manchester United and the FA Cup semi-final between Barnsley and Cardiff City. (T) 11.10 Last Man Standing. (T) 12.10 FILM: Superstition (2001). Supernatural horror, starring Sienna Guillory. (T) 1.40 BBC News 24. (T) 3.55 The Super League Show. (T) 4.40 Inside Sport. (R) (T) 5.20 Close.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.30 British GT Championship. (T) 8.00 World Cup Skiing. 8.55 T4: Friends. (R) (T) 9.30 T4: Hollyoaks. (T) 12.00 T4: Vanity Lair. (T) 1.10 T4: Vanity Lair. (T) 2.20 T4: The Green Room. (T) 2.55 T4: Smallville. (T) 3.55 T4: The Simpsons. (R) (T) 4.25 T4: The Simpsons. (R) (T) 4.50 Alive. (R) (T) 5.55 Time Team: Dinnington Roman Villa. (R) (T) 6.45 Channel 4 News. (T) 7.00 Stephen Hawking - Master of the Universe. Part two of two. The professor discusses the cutting edge of physics, where areas of study including string theory and supersymmetry are challenging perspectives on human life. (R) (T) 8.00 FILM: Sahara (2005). Premiere. Matthew McConaughey stars as an adventurer out to locate a long-lost cache of treasure. All-action escapade, co-starring Penelope Cruz and Steve Zahn. (T) 10.20 FILM: Under Siege (1992). Former Navy Seal Steven Seagal leaps into action to rescue a US battleship under threat from terrorists. Slick, fast-moving adventure, with Tommy Lee Jones and Erika Eleniak. (T) 12.20 FILM: The Deer Hunter (1978). Vietnam War drama, starring Robert De Niro. (T) 3.30 3 Minute Wonder: Zimbabwe-on-Thames. (R) (T) 3.35 Unreported World. (R) (T) 4.00 3 Minute Wonder: Zimbabwe-on-Thames. (R) (T) 4.05 The TV Show. (R) 4.30 Countdown. (R) (T) 5.15 Cycling: Tour of Langkawi.

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Sailor Sid. (R) (T) 6.20 Aussie Antics. (R) (T) 6.25 Angels of Jarm. (R) (T) 6.30 Elmo's World. (R) (T) 6.50 Hi-5. (R) (T) 7.20 Roobarb and Custard Too. (R) (T) 7.35 The Beeps. (R) (T) 7.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.00 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.20 Little Princess. (R) (T) 8.35 Hana's Helpline. (R) (T) 8.50 The Funky Valley Show. (R) (T) 9.00 Gerald McBoing Boing. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 The Gadget Show. (R) (T) 11.00 My Music. (T) 12.00 FILM: Murder at the Gallop (1963). Mystery, starring Margaret Rutherford. (T) (bw) 1.30 Footbal Italiano. Atalanta v Inter Milan (Kick-off 2.00pm). (T) 4.10 Big, Bigger, Biggest. (R) (T) 5.10 FILM: Battle for the Planet of the Apes (1973). Sci-fi adventure, with Roddy McDowall. (T) 6.45 five news and sport. (T) 6.55 FILM: Medicine Man (1992). Jungle adventure, starring Sean Connery as a scientist who discovers a cancer cure in the Brazilian rainforest. Lorraine Bracco plays the researcher sent to check up on him. (T) 9.00 FILM: The Man Who Sued God (2001). Billy Connolly stars in this comedy as a fisherman who rails against the system after insurance investigators declare the destruction of his boat was an act of God. With Judy Davis. (T) 11.05 FILM: Down and Out in Beverly Hills (1985). Comedy, starring Richard Dreyfuss. (T) 1.00 Live Major League Baseball. Detroit Tigers v Chicago White Sox. 4.20 Indy Car Series. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Jim Jam & Sunny. (T) 9.40 Jim Jam & Sunny. (T) 9.55 Meg & Mog. (R) (T) 10.05 Jim Jam & Sunny. (T) 10.20 Championship Goals. (T) 11.20 ITV News and Weather. (T) 11.25 London Today; Weather. (T) 11.30 F1: Bahrain Grand Prix Live. The third race of the season at the Bahrain International Circuit. (T) 2.30 FILM: Mission: Impossible (1996). Action thriller, starring Tom Cruise. (T) 4.25 Dog Rescue. (T) 4.55 London Tonight; Weather. (T)

5.10 ITV News and Weather. (T)

5.25 FILM: Scooby-Doo 2: Monsters Unleashed (2004). Comedy adventure, starring Sarah Michelle Gellar. (T)

7.00 The World's Got Talent. Clips from an international roster of X Factor-style shows, featuring would-be stars from America, Russia, Greece, Israel and elsewhere. Narrated by Piers Morgan. (T)

8.00 Heartbeat. Hard-up local employer Albert Ross is suspected of stealing money from a blind man - and as events unfold, it begins to seem increasingly likely he's also putting profits before the welfare of his disgruntled workforce. Meanwhile, David risks his life to save spirited musician Keith Drake from a watery grave, and inspires him to set about rebuilding his career. (T)

9.00 He Kills Coppers. Nearly 20 years after the killings, Frank has managed to attain the rank of DCI, but finds that promotion is no guarantee of fulfillment. Spurred into renewed action by the disappearance of journalist Tony Meehan, he finally manages to locate Billy - who senses the game is almost over and arms himself in readiness, determined to end it on his own terms. Last in series. (T)

10.00 Headcases. New series. Satirical sketches featuring computer-generated images of people in the public eye. Rory Bremner and Jon Culshaw are among the impressionists voicing the characters. (T)

10.30 ITV News and Weather; Weather. (T)

10.45 Melvyn Bragg's Travels in Written Britain. New series. The author and South Bank Show presenter explores the country's literary heritage, visiting a different region each week. His journey of discovery begins in the north, where the earliest surviving writings in Britain were found near Hadrian's Wall in Northumberland. With contributions from the Bishop of Durham, Robson Green, Tim Healy, Keith Barron, Hunter Davies and Chris Bonington. (T)

11.45 F1: Bahrain Grand Prix Highlights. Steve Rider presents action from the third race of the season at the Bahrain International Circuit in Manama. (T)

12.45 Cathedral; (R) (T) ITV News Headlines. 1.45 Dial a Mum. (R) (T) 2.15 Under One Roof. (R) (T) 2.40 Under One Roof. (R) (T) 3.05 People's Court. (R) (T) 4.00 ITV Newsroom.

BBC

RTP1
0630 Brinca Comigo 0800 OS Animais mais Mortíferos do Mundo 0900 Eucarista Dominicana 1000 Eucarista Dominicana 1100 Equipados Para Matar 1200 Al Háncia 1230 Mr Bean 1300 News 1415 Ben Hur, film 1530 Traveller 1745 Operação Triunfo 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Conta-me Como Foi 2300 Depois do Adeus 0045 Lady Chatterley, film 0400 Telesales 0605 Nôs

RTP2
0700 Euronews 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nôs 1045 Da Terra ao Mar 1115 Consigo 1200 Vida Por Vida 1230 National Geographic 1330 Entre Pratos 1400 Reclamo 1445 A Voz do Cidadão 1600 Sport 2 1900 Couto & coutadas 1930 A Alma e a Gente 2000 Bombordo 2030 The Simpsons 2100 A História da Índia 2200 News 2240 Camara Clara 2350 Britcom 0050 Onda Curta 0150 A Alma e a Gente 0200 Sport 0600 Euronews

SIC
0700 Floribella 0930 Os Bandidos 1000 Trazan II: The Legend 1230 Otávio Dia 1300 News 1400 Fame 1500 Ghost Whisperer 1715 Film TBA. 1800 Film TBA 2000 News 2130 Camilo em Sarilhos 2215 Duas Casas 2345 Aquê Não Há Quem Viva 0045 Entourage 0145 Amazônia 0230 Quando o Telefone Toca 0415 O Jogo

TVI
0645 Children's TV 0900 Morangos Com Açúcar 1100 Missa Braga 1230 Otávio Dia 1300 News 1410 Top + 1530 Ciclismo: Tour of Frande 1630 Film TBA 2000 News 2130 Morangos Com Açúcar 2230 Ilha dos Amores 2330 Doce Fugitiva 0130 Film TBA 0215 Toca a Ganhar 0330 Zeus and Roxanne 0500 Telesales

Best of the Rest

BBC3
7.00 EastEnders: Ricky and Bianca 8.00 Doctor Who 8.45 Doctor Who Confidential 9.00 Gavin & Stacey 9.30 Pulling 10.00 Dis/Connected 11.00 Family Guy 11.20 Family Guy 11.40 Gavin & Stacey 12.15 Pulling 12.45 Dis/Connected 1.40 EastEnders: Ricky and Bianca 2.40 Freaky Eaters 3.35 The Real Hustle 4.05 Doctor Who Confidential 4.20 Close

BBC4
7.00 Sacred Music 8.00 Mozart Sacred Music 9.00 Dear Television 9.10 Washes Whiter 10.00 Mad Men 10.45 Hughie Green, Most Sincerely 12.05 Marty Feldman - Six Degrees of Separation 1.05 Mozart Sacred Music 2.05 Sacred Music 3.05 Marty Feldman - Six Degrees of Separation 4.05 Close

ITV2
1.50 Harry Hill's TV Burp 2.20 Emmerdale 4.40 Corruption Street 7.00 American Idol 8.00 American Idol 9.00 Supernatural 10.00 Bionic Woman 11.00 Katie & Peter: The Next Chapter 12.00 Film: Hannibal 18 (2001) 2.30 Keith Lemon's Very Brilliant World Tour 3.00 Teleshopping

Sky One
1.00 Crash Test Dummies 2.00 The Dog Whisperer 3.00 Project Runway 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 The Simpsons 5.30 The Simpsons 6.00 Are You Smarter Than a 10 Year Old? 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: There's Something

About Mary 15 (1998) 11.15 Ross Kemp in Afghanistan 12.15 Road Wars 1.15 Road Wars 2.10 Road Wars 3.00 America's Dumbest Criminals 3.25 Battlestar Galactica 5.00 Bite Size Brainiac 5.10 Guilty!

UKTV Gold
1.00 Only Fools and Horses 1.40 Only Fools and Horses 2.20 Only Fools and Horses 3.00 Only Fools and Horses 3.40 Only Fools and Horses 4.20 Only Fools and Horses 5.00 Dancing with the Stars 6.40 Dancing with the Stars 7.40 Only Fools and Horses 8.20 Only Fools and Horses 9.00 When Were We Funniest? 11.00 Only Fools and Horses 11.40 Only Fools and Horses 12.20 Only Fools and Horses 1.00 Only Fools and Horses 1.40 Doctor Who 2.30 Doctor Who 3.15 Dallas 4.05 Mothers Do 'Ave 'Em 4.35 As Time Goes By 5.05 2point4 Children 5.35 Neighbours

TCM
1.00 Bhowani Junction PG (1956) 3.00 The Petrified Forest PG (1936) 4.30 Green Dolphin Street PG (1947) 7.00 Casablanca U (1942) 9.00 The Searchers U (1956) 11.05 Brewster McCcloud 15 (1970) 1.00 The Outfit 15 (1973) 2.55 Period of Adjustment 12 (1962) 5.00 Dodge City PG (1939)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: High School Musical Sing-Along Version U (2006) Teen drama, starring Zac Efron. 5.35 Film: High School Musical 2: Singalong U (2007) Comedy sequel, starring Zac Efron.

MOVIES

Sky Movies Drama
6.20 The End of Eden PG (1996) 8.05 Drama Close Up 8.35 Columbo Goes to College PG (1991) 10.20 The Lake House PG (2006) 12.10 Lackawanna Blues 12 (2005) With Marcus Franklin. 1.55 Leap of Faith PG (1992) With Steve Martin. 3.55 In the Line of Duty: Siege at Marion PG (1992) With Ed Begley Jr. 5.45 The Last Temptation of Christ 15 (1988) With Willem Dafoe. 8.30 Martin Scorsese: The Man and his Movies 9.00 The Departed 18 (2006) With Jack Nicholson. 11.35 Shine a Light Special 12.05 The World's Fastest Indian 12 (2006) With Anthony Hopkins. 2.15 Asylum 15 (2005) With Natasha Richardson. 4.00 A Daughter's Conviction 12 (2006) 5.35 The End of Eden PG (1996)

Sky Movies Comedy
6.15 Princess Caraboo PG (1994) 7.55 Roseanna's Grave 12 (1997) 9.35 Premiere Close Up 10.05 Three Amigos! PG (1986) 11.50 The Top 10 Show 12.05 Wallace and Gromit in The Curse of the Were-Rabbit U (2005) With Peter Sallis. 1.35 Date Movie 12 (2006) With Alyson Hannigan. 3.05 Friends 12 (2005) With Ryan

Sky Movies Action
7.00 The Librarian: Quest for the Spear 12 (2004) 8.45 Uncommon Valor 15 (1983) 10.35 Conspiracy Theory 15 (1997) 12.55 The Librarian: Quest for the Spear 12 (2004) With Noah Wyle. 2.35 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 4.25 Conspiracy Theory 15 (1997) With Mel Gibson. 6.45 V for Vendetta 15 (2005) With Natalie Portman. 9.00 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 10.45 Magnum Force 18 (1973) With Clint Eastwood. 12.50 Rec Close Up 1.20 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 3.15 Body Count 18 (1998) 4.45 The Librarian: Quest for the Spear 12 (2004)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1
6.00 Aerobics Oz Style 6.30 FA Cup Football 7.00 Football First 8.30 Football First 10.00 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Super Sunday. Middlesbrough v Manchester United (Kick-off 1.30pm). 3.30 Live FA Cup Football. 4.00 Live Cardiff City (Kick-off 4.00pm). 6.30 Champions League Weekly 7.00 Live Spanish Football. A La Liga match. 10.00 FA Cup Special 11.00 Football Special 12.30 Spanish Football 2.30 FA Cup Special 3.30 Football Special 5.00 FA Cup Special

Sky Sports 2
6.00 Live Test Cricket. India v South Africa. 12.00 Live European Rugby Union. Saracens v Ospreys (Kick-off 12.30pm). 2.30 Live European Rugby Union. Toulouse v Cardiff Blues (Kick-off 3.00pm). 5.00 Max Power 6.00 Watersports World 7.00 World Sport 7.30 Live Golf Night. The Kraft Nabisco Championship. 11.00 Golf Night 12.00 WWE: Late Night - Afterburn 1.00 WWE: Heat 2.00 Max Power 3.00 Test Cricket 4.00 Snow Adventures 4.30 Wild Spirits 5.00 Live Test Cricket. India v South Africa.

Sky Sports 3
6.00 Max Power 7.00 Spanish Football 9.00 WWE: Afterburn 11.00 WWE: Heat 11.00 Wild Spirits 11.30 Racing News 12.00 Max Power 1.00 WWE: Experience 2.00 Live European Tour Golf. The Estoril Open de Portugal. 6.00 Snow Adventures 6.30 Wild Spirits 7.00 Live NASCAR. The Samsung 500.

British Eurosport
7.30 WATTS 7.45 Live Paris Marathon. Coverage of the 33rd staging of the race. 10.15 Live Le Mans Series. Coverage of the 1,000km de Catalunya in Spain. 11.00 Live World Superbikes. The first race at the Ricardo Tormo circuit in Valencia. 1.10 Live Cycling. The Tour of Flanders. 2.15 Live World Superbikes. Coverage of the second race from Valencia. 3.30 Live Cycling. The Tour of Flanders. 4.00 World Touring Car Championship 4.30 Live Curling. Scotland v Norway. 6.00 Live World Touring Car Championship. Coverage of race one from Puebla, Mexico. 7.00 World Superbikes 8.30 Motorsports Weekend 8.45 Mission to Beijing 9.00 Live World Touring Car Championship. Coverage of race two from Puebla, Mexico. 10.00 Le Mans Endurance Series 10.30 Motorsports Weekend 10.45 Rallying 11.15 Cycling 12.15 Cycling 12.45 Close

Sky Sports Xtra
6.00 Watersports World 7.00 British Ice Hockey 9.00 Super League 11.00 British Ice Hockey 1.00 Race World 2.00 Test Cricket 3.00 Live Test Cricket. West Indies v Sri Lanka. 6.00 Live Masters Tennis. The Sony Ericsson Open final. Coverage of the West Indies against India continues on the interactive service. 8.00 Live Test Cricket. West Indies v Sri Lanka. 10.00 Test Cricket 11.00 European Rugby Union 1.30 Masters Tennis 3.30 Close

PERSONALLY
TAILORED COMPUTERS
CREATED FOR YOU

by WorldTelcom

You have a right to be demanding and expect the best quality. For this reason we are prepared to tailor-make a computer in our workshops just for you and in exact accordance with your needs.

EVERYTHING IN ENGLISH

In addition, our technicians will install English language operating systems, deliver the computer and configure everything for you. We can transfer the data from your old computer, and all your previous settings, favourites,

cookies, e-mail accounts, in fact leave your system just as before, but faster and better.

FROM ONLY €599(!)

Choose the processor speed you need, right up to the newest dual core Pentium 3.4. Choose the RAM that's right for you. Choose a fast graphics card with plenty of on-board memory if you are an intensive graphics user. Go for security with 2 hard drives automatically backing up from one to the other so you never lose any data.

BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Open House. (R) (T) 11.30 Cash in the Attic; (R) (T) BBC News; Regional News. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Space Pirates. (R) (T) 3.35 CBBC: Small Talk Diaries. (T) 3.50 Eliot Kid; (T) Thumb Wrestling Federation: TWf. (R) (T) 4.05 The Revenge Films of Alistair Fury. (T) 4.35 MI High. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public answer questions in the hope of winning a cash prize. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

6.55 Party Election Broadcast. By the Labour Party. (T)

7.00 The ONE Show. (T)

7.30 Watchdog. Investigation show, fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury; (T) BBC News; Regional News. (T)

8.00 EastEnders. Pat is stunned to see Bianca at her door and is shocked by the state she is in. Phil convinces Shirley to collect the results of her biopsy and drives her to the hospital. Heather joins an enthusiastic Ben as he paints the banner for the open mic night at the Vic, and Gus meets the girl of his dreams. (T)

8.30 Panorama. Declan Lawn reports on the sectarian reality of life in Northern Ireland, visiting Derry and Ballymena to show how life for many has been far from peaceful in the last decade. (T)

9.00 New Tricks. The unsolved crime squad reopen the case of an Asian woman who was attacked eight years ago, and has been in a coma ever since. They enlist the aid of a community liaison officer and uncover conflict in the victim's family, as well as a possible connection with the disappearance of a private detective. Nina Wadia, Keith Allen and Navin Chowdhry guest star. (R) (T)

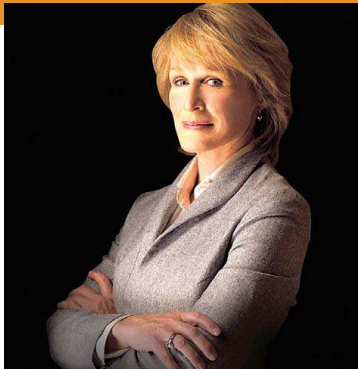
10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 Damages. (T)

11.25 Inside Sport. Journalists Steve Bunce and Tony Livesey join Gabby Logan for the weekly round-up, with interviews, features and reaction to all the latest headlines. (T)

12.05 FILM: Blame It on the Bellboy (1992). Comedy, starring Dudley Moore; (T) Springwatch Weatherview. 1.25 Sign Zone: Gardeners' World. (R) (T) 2.25 Sign Zone: Unknown Africa. (R) (T) 2.55 Sign Zone: To Buy or Not to Buy. (R) (T) 3.40 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 In the Night Garden. (R) (T) 7.30 Mama Mirabelle's Home Movies. (T) 7.45 Tommy Zoom; (R) (T) Take a Bow. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.25 Thumb Wrestling Federation: TWf. (R) (T) 8.30 Watch My Chops. (R) (T) 8.45 ChuckleVision. (R) (T) 9.00 The Story of Tracy Beaker. (R) (T) 9.25 The Cramp Twins. (R) (T) 9.40 What's New Scooby-Doo? (R) (T) 10.00 Stupid. (R) (T) 10.25 MySay. (R) (T) 10.30 Schools: Focus. (T) 10.50 Look and Read. (T) 11.10 Razzledazzle. (T) 11.30 Watch. (T) 11.45 The Magic Key. (T) 12.00 Open Gardens. (R) (T) 12.30 Working Lunch. (T) 1.00 Schools: KS1 Science Clips. (T) 1.10 KS2 Science Clips. (T) 1.20 BBC Primary Geography. (T) 1.30 FILM: Return from Witch Mountain (1978). Disney fantasy adventure. Bette Davis stars. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 The Undercover Diplomat. Jonathan Powell's role in the Northern Ireland peace process. (T) 8.00 University Challenge: The Professionals. The Society of Authors take on the National Physical Laboratory. (T) 8.30 Delia. Cookery expert Delia Smith presents innovations to take the stress out of cooking for friends, with recipes for thick onion tart, apple pie and pork stew. Marco Pierre White guests. (T) 9.00 Clowns. The work of British clowns. (T) 10.00 The Grumpy Guide to Romance. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Digging the Past: BBC Four on BBC Two. (T) 12.20 BBC News 24. (T) 3.40 Close. 4.00 BBC Learning Zone. (T)

Pick of the Day

Damages (BBC1, 10.35pm)

There's been no shortage of tense moments in this acclaimed legal drama. It began with blood-soaked law school graduate Ellen Parsons running half naked through the streets of New York. Her fiancé, David, had been beaten to death in their apartment, and Ellen was arrested. Having hooked curious viewers, the series flashed back to six months earlier when the ill-fated legal eagle took a job with notorious lawyer Patty Hewes. Since then, the latter received a bomb threat which threatened to destroy her case against tycoon Arthur Frohisher; her senior legal associate Tom Shays uncovered information connecting consultant Gregory Malina with Frohisher, and Ms Hewes tried to keep Gregory secure until his deposition. As the series draws to a close, Ellen uses the Malina videotape to fight the charges brought against her for her fiancé's murder. Meanwhile, Patty engineers a confrontation with Frohisher that brings the lawsuit to a conclusion. The top-drawer cast includes Glenn Close showing that she's still at the top of her game, 28 Weeks Later star Rose Byrne, Cheers veteran Ted Danson, Tate Donovan and Zachary Booth.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Friends. (R) (T) 10.00 The OC. (R) (T) 10.55 Smallville. (R) (T) 11.50 Nap. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun. (R) (T) 1.00 FILM: The Barefoot Contessa (1954). Offbeat drama, starring Humphrey Bogart. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The World According To. New series. Children present their own theories to describe modern marvels, beginning with 10-year-old John's explanation of electricity. (T) 8.00 Immigration: The Inconvenient Truth. New series. Rageh Omaar investigates immigration into Britain. (T) 9.00 I Am the Elephant Man: A Bodys Shock Special. Huang Chunchai's struggle with neurofibromatosis. (T) 10.00 FILM: Monster (2003). Powerful fact-based drama following events leading up to the crimes of serial killer Aileen Wuornos. Oscar-winner Charlize Theron heads the cast. (T) 12.00 FILM: Battle Royale (2000). Controversial thriller, starring Takeshi Kitano. 2.10 Ozon. Futuristic drama. A man is sent to the top of a 200-storey building. (R) (T) 2.30 3 Minute Wonder: FourDocs. (R) (T) 2.35 FILM: Pink String and Sealing Wax (1945). Ealing crime melodrama, starring Google Withers. (T) (bw) 4.05 The Birthday. (R) (T) 4.20 Headland. (R) (T) 5.05 Cycling.

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Hana's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 Fireman Sam. (R) (T) 6.55 Mio Mao. (R) (T) 7.05 Roary the Racing Car. (R) (T) 7.15 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Sailor Sid. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide To. (T) 3.05 five news update. 3.10 FILM: Let Me Call You Sweetheart (1997). Drama, starring Meredith Baxter. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 How Do They Do It? Drax power station in North Yorkshire. (T) 7.30 five news update. 8.00 The Gadget Show. The team test handheld GPS devices. (T) 8.00 five news at 9. 9.00 Breaking into Tesco. Cooks create dishes suitable for the supermarket. Last in series. (T) 10.00 Extraordinary People: The World's Heaviest Man. Manuel Uribe's efforts to lose weight. (R) (T) 11.05 FILM: High Plains Drifter (1972). Violent Western, starring Clint Eastwood. (T) 1.05 NASCAR. 2.00 US PGA Golf. 2.50 Seniors Golf. 3.30 NHL Ice Hockey. 5.00 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 Jornal da Tarde 1515 Prova de Amor 1515 Portugal no Coração 1800 Portugal em Directo 1905 O Prego Certo 2000 News 2100 Notas Soltas 2130 Sabe Mais do Que um Miúdo de 10 Anos? 2230 Prós e Contras 0400 Teleseles 0605 N0s

RTP2

0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1905 Eurodeputados 1945 Zig Zag 2045 Friends 2115 National Geographic 2150 A Hora da Sorte 2200 News 2240 Seis Graus 2330 Bastidores 0030 Noites 0115 Universidades 0145 Discovery Hour 0245 Diga Lá Excelência 0345 Eurodeputados 0415 Sociedade Civil 0545 Euronews

SIC

0700 Floribella 0830 Sic Kids 0915 Floribella 1000 Fátima 1300 News 1415 Desejo Proibido 0115 Eterna Magia 1545 Contacto 1800 Sete Pecados 1900 A Ganhar é qie a Gente se Entende 2000 News 2130 Os Malucos do Riso 2215 Duas Caraz 2330 Resistirei 0030 CSI Miami 0130 Rescure Me 0330 Quando o Telefone Toca

TVI

0700 Diário da Manhã 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açúcar 2000 News 2200 Fascínios 2300 Deixa-me 0200 Toca a Ganhar 0345 Film TBA 0530 Teleseles

Best of the Rest

BBC3

7.00 Two Pints of Lager Out-Takes 7.20 Film: Meet the Parents 12 (2000) 9.00 Young Mums' Mansion 10.00 EastEnders 10.30 Gavin & Stacey 11.00 Pulling 11.30 Family Guy 11.55 Family Guy 12.15 Young Mums' Mansion 1.15 Gavin & Stacey 1.45 Pulling 2.15 Bizarre ER 2.45 Two Pints of Lager Out-Takes 3.00 Freaky Eaters 4.00 Bizarre ER 4.30 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Pop Go the Sixties 7.35 Doctor Who: The Daleks 8.00 The Sky at Night 8.30 The Book Quiz 9.00 Verity Lambert: Drama Queen 10.00 Shoulder to Shoulder: Annie Kenney 11.20 The Cult Of 11.50 Adam Adamant Lives! 12.35 The Sky at Night 1.05 The Book Quiz 1.35 Verity Lambert: Drama Queen 2.35 The Book Quiz 3.05 Verity Lambert: Drama Queen 4.05 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Harry Hill's TV Burp 8.30 Airline 9.00 The Passions of Girls Aloud 10.00 Film: Hannibal 18 (2001) 12.30 Coronation Street 1.00 Coronation Street 1.30 Keith Lemon's Very Brilliant World Tour 2.00 Laura, Ben and Him 2.30 Comedy Cuts 2.55 Teleshopping 5.55 ITV2 Nightscreen

Sky One

1.00 Cold Case 2.00 Angel 3.00 Stargate SG-1 4.00

Stargate SG-1 5.00 Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Night Cops 11.00 Road Wars 12.00 Stargate Atlantis 1.00 Road Wars 1.55 Road Wars 2.50 Angel 3.40 Deadwood 4.45 America's Dumbest Criminals 5.10 Guilty! 6.00 UKTV Gold 1.00 Last of the Summer Wine 1.40 Keeping Up Appearances 2.20 Victoria Wood as Seen on TV 3.00 dinnerladies 3.40 My Family 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 dinnerladies 6.20 My Family 7.00 Porridge 7.40 Only Fools and Horses 8.20 Blackadder the Third 9.00 My Family 10.00 Absolutely Fabulous 10.40 Gimme Gimme Gimme 11.20 Morecambe and Wise - The Greatest Moment 12.50 Blackadder II 1.30 Taggart 3.45 The Bill 4.35 As Time Goes By 5.05 2point4 Children 5.35 Neighbours

TCM

1.00 Goodbye, Mr Chips U (1939) 3.00 The Last Time I Saw Paris U (1954) 5.05 Bells Are Ringing U (1960) 7.20 My Favorite Year PG (1982) 9.00 The Outlaw Josey Wales 18 (1976) 11.30 The Fixer 15 (1968) 1.50 The Outrage 15 (1964) 3.30 Suzi U (1936) 5.00 G-Men U (1935)

The Disney Channel

Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.10 Miss Lettie and Me U (2002) 8.45 Spirit Bear: The Simon Jackson Story PG (2005) 10.25 Hometown Legend PG (2002) 12.15 Columbo: Murder in Malibu PG (1990) With Peter Falk. 1.50 Amber Frey: Witness for the Prosecution PG (2005) With Janel Moloney. 3.20 American Mafia: From Street to Screen 4.20 Sixty Six 12 (2006) With Gregg Sulkin. 6.00 Soul Food 15 (1997) With Vanessa L. Williams. 8.00 City of Angels PG (1998) With Nicolas Cage. 10.00 Infamous 12 (2006) With Toby Jones. 12.00 Nixon 15 (1995) With Anthony Hopkins. 3.15 A Separate Peace 12 (2004) 4.50 A Father's Son PG (1999)

Sky Movies Comedy

6.00 The Clinic PG (2004) 7.35 Carolina PG (2003) 9.20 Police Academy VI: City Under Siege PG (1989) 10.50 Maverick PG (1994) 1.00 Rush Hour 12 (1998) With Jackie Chan. 2.45 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 4.15 Police Academy VI: City Under Siege PG (1989) With Bubba Smith. 5.45 Maverick PG (1994) With Mel Gibson. 8.00 Rush Hour 12 (1998) With Jackie Chan. 10.00 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 11.30 Shirley Valentine 15 (1989) With Pauline Collins. 1.20 An Alan Smithee Film: Burn, Hollywood, Burn 12 (1997) With Eric Idle. 2.50 The Thing About My Folks 12 (2005)

With Paul Reiser. 4.30 A Funny Thing Happened on the Way to the Forum PG (1966)

Sky Movies Action

6.25 The Matador 15 (2005) 8.05 Los Locos: Posse RIDes Again 15 (1997) 9.50 Ninja Dragons PG (1994) 11.25 Fearless 15 (2006) With Jet Li. 1.25 The Matador 15 (2005) With Pierce Brosnan. 3.10 The Perfect Tenant 15 (2000) With Maxwell Caulfield. 4.55 Batman 15 (1989) With Michael Keaton. 7.05 Fearless 15 (2006) With Jet Li. 9.00 The Last Boy Scout 18 (1991) With Bruce Willis. 10.50 Underworld: Evolution 18 (2006) With Kate Beckinsale. 12.40 Marathon Man 18 (1976) With Dustin Hoffman. 2.50 Fear 18 (1996) With Mark Wahlberg. 4.30 Angel Flight Down PG (1996)

(R)-repeatprogramme;

(T)-programme with teletext subtitles;

text subtitles;

(S)-programme broadcast

ing stereo;

(bw)-black and white.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight; Weather. (T)

6.25 Party Election Broadcast. By the Labour Party. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Ross witnesses Shane making a snide comment to Donna and starts to regret not taking her side over the complaint. Eli reveals to Carl that Matthew has offered him money to call in sick as the brothers' feud continues, and Scarlett decides to buy Daz a car when he passes his driving test. (T)

7.30 Coronation Street. Gail returns home to find a dishevelled David still protesting his innocence, but when she gives him one last chance to own up, he threatens to turn himself in to the police. Paul feels the strain as the repercussions of the arson attack hit home and Darryl is devastated when Lauren dumps him. (T)

8.00 Posh Politics Undercover: Tonight. (T)

8.30 Coronation Street. The residents are agog as David, hell-bent on destruction and determined to get sent down, causes chaos on the Street. Leanne tries to persuade Dan to give her a job in the bookies, while a brazen Lauren asks Steve for an advance on her wages. Elsewhere, Roy makes an unusual find at the building site. (T)

9.00 The Fixer. When one of Lenny's political allies seeks out the services of his former assassin Patrick Finch to kill the hit-and-run driver who left his grandson with brain damage, Mercer is plunged into a dangerous game of cat and mouse with his deadly predecessor. Drama, guest starring Jekyll actor Paterson Joseph, with Andrew Buchan and Peter Mullan. (T)

10.00 News at Ten and Weather; Weather. (T)

10.35 FILM: The Grudge (2004). Premiere. Horror, starring Sarah Michelle Gellar. (T)

12.15 UEFA Champions League Weekly. (T) 12.45 Nightwatch with Steve Scott: Crime; (T) ITV News Headlines. 1.40 Loose Women. (R) 2.30 Make Me Perfect. (R) (T) 3.20 ITV Nightscreen.

(R)-repeatprogramme;

(T)- programme with teletext subtitles;

(S)- programme broadcast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Special 10.30 FA Cup Special 11.30 Spanish Football 1.30 Football Special 3.00 Spanish Football 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 7.30 Monday Night Live. Stoke City v Crystal Palace (Kick-off 8.00pm). 10.15 You're on Sky Sports! 11.15 Big League Weekend 12.45 Soccer AM: The Best Bits 1.45 Champions League Weekly 2.15 Big League Weekend 3.45 Soccer AM: The Best Bits 4.45 You're on Sky Sports! 5.45 Sky Sports Classics

Sky Sports 2

6.00 Live Test Cricket. India v South Africa. 12.00 Sky Sports Classics 12.30 Sports Adventure 1.00 High Five 1.30 Golf Night 5.00 European Rugby Union 7.00 Live Speedway. Belle Vue Aces v Poole Pirates. 9.30 Wild Spirits 10.00 WWE: Late Night - Bottom Line 11.00 Speedway 1.00 World Motor Sport 3.30 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Snow Adventures 7.00 Aerobics Oz Style 7.30 FA Cup Special 8.30 European Rugby Union Special 11.00 High Five 11.30 Racing News 12.00 Masters Tennis 2.00 Test Cricket 3.00 Live Test Cricket. West Indies v Sri Lanka. 10.00 Test

Visit the paper online
www.the-news.net

There are many choices, and our technicians will talk through with you what you need, make some suggestions, and then build, deliver and install for you ⁽²⁾. **CONTROL & MONITOR YOUR HOME FROM YOUR MOBILE PHONE**

We can even configure and equip your computer to allow you to control many of the functions in your home, including remote access and monitoring. Switch on the air conditioning from your mobile phone, or monitor your

home from your laptop or another computer while you are away.

All components are guaranteed for two years, and backed by our own service personnel.

Why buy 'off the peg', when you can have 'tailor-made' for as little as £599 ⁽¹⁾

⁽¹⁾ Screen not included. IVA not included

⁽²⁾ Installation costs £40 per hour and is not available in every area.

Please call 707 500 600 and ask for information. www.worldtelecom.pt • sales@worldtelecom.pt



PERSONALLY
TAILORED COMPUTERS
CREATED FOR YOU

by WorldTelcom

BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 Open House. (R) (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Space Pirates. (R) (T) 3.35 CBBC: Small Talk Diaries. (T) 3.50 Elliot Kid. (T) 4.00 The Cramp Twins. (R) (T) 4.15 Dinosaipen. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz. (T) 6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T) 6.55 Party Election Broadcast. By the Conservative Party. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. An angry Bianca has plenty to say when Ricky turns up at Pat's, and the public showdown leaves the locals in no doubt about their return. Jack realises who's been dealing drugs in the club and Gus is surprised by the arrival of his Aunt Opal (played by Rustie Lee). Vinnie's return poses a dilemma for Shirley. (T) BBC News; Regional News. (T)

8.00 Holby City. Joseph's suspicions increase after Faye is again questioned by police over her husband's death. Connie and Michael successfully perform pioneering surgery on a patient's heart and later celebrate with a drink, but when she rejects his invitation to go back to his place, Donna seizes her opportunity. Maddy spends the day in a foul mood after realising Clifford will never return. (T)

9.00 Hotel Babylon. Jack and Emily are caught up in a hostage situation when a bereaved father who has brought his son's ashes to the hotel, clashes with a faith healer. Ned makes a proposal to Anna, but their celebrations are cut short when she goes to investigate the sound of a gunshot from an adjoining room. Guest starring Samantha Bond. Last in series. (T) BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 The Killing of Sally Anne Bowman - A Crimewatch Special. Kirsty Young reports on the manhunt following the murder of the 18-year-old aspiring model outside her own home in 2005, and the eventual conviction of chef Mark Dixie, who was found guilty of her savage rape and murder in February this year and sentenced to a minimum of 34 years imprisonment. (T)

11.15 FILM: The Wings of the Dove (1997). Romantic period drama, starring Helena Bonham Carter. (T) Weatherwise.

12.55 Sign Zone: See Hear. (R) (T) 1.25 Sign Zone: Unknown Africa. (R) (T) 1.55 Sign Zone: Life in Cold Blood. (R) (T) 2.55 Sign Zone: To Buy or Not to Buy. (R) (T) 3.40 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Tweenies Songtime. (R) (T) 7.00 In the Night Garden. (R) (T) 7.30 Mama Mirabelle's Home Movies. (T) 7.45 Tommy Zoom. (R) (T) Take a Bow. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.25 Thumb Wrestling Federation: TWF. (R) (T) 8.30 Watch My Chops. (R) (T) 8.45 ChuckleVision. (R) (T) 9.00 The Story of Tracy Beaker. (R) (T) 9.25 The Cramp Twins. (R) (T) 9.40 What's New Scooby-Do? (R) (T) 10.00 Stupid. (R) (T) 10.25 MySay. (R) (T) 10.30 Schools: Words and Pictures. (T) 10.40 Words and Pictures. (T) 10.50 BBC Primary History. (T) 11.10 Coast. (T) 11.15 FILM: An American Tail: The Treasure of Manhattan Island (2000). Animated adventure, with the voice of Thomas Dekker. (T) 12.30 Working Lunch. (T) 1.00 Schools: Maths Channel. (T) 1.10 BBC Primary Geography. (T) 1.30 FILM: His Majesty O'Keefe (1954). Swashbuckling adventure, starring Burt Lancaster. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Torchwood. Jack is taken prisoner. Last in series. (T) 7.50 Torchwood Declassified. Russell T Davies discusses the show's finale. Last in series. (R) (T) 8.00 University Challenge: The Professionals. The Royal Academy of Engineering versus the Lute Society. (T) 8.30 Johnny's New Kingdom. Wild boar are discovered living on Johnny's land. (T) 9.00 Massacre at Virginia Tech. The horrific, violent events of April 16 2007. (T) 10.00 Later Live - with Kools Holland. Featuring Goldfrapp, the Jooks, and Yeasayer. (T) 10.30 Newsnight; Weather. (T) 11.20 Mad Men. (T) 12.05 BBC News 24. (T) 3.40 Close. 4.00 BBC Learning Zone. (T)

Pick of the Day

Jaguar Adventure with Nigel Marven (five, 7.30pm)

Nigel Marven has never been the sort of bloke to revel in office-based mundanity. He'd much rather be out in the field, waxing lyrical about extraordinary wildlife. Needless to say, making this new series proved to be a dream come true. He's off to the swampland of the Pantanal in Brazil, an area located between the Amazon rainforest and the grasslands of the savannah. It's home to an incredible range of wildlife, including armadillos, giant otters, iguanas and anteaters. "This place is brilliant - every bit as exotic as the Amazon," Nigel enthuses. In a mere four weeks, Marven attempts to get to know the huge array of wildlife on offer and find a beautiful but elusive mammal. "My main mission is to track down a rare and mysterious big cat - the jaguar," he explains. Relatively little is known about this member of the big cat family, because jaguars are incredibly tricky to film. In the opening episode, Nigel arrives in the Pantanal swamps and spotlights an old friend, the spectacled reptilian Caiman. He had a pet Caiman as a teenager so is naturally keen to get a closer look. Before you can say: "Fetch me a Caiman and make it snappy," Nigel has waded into the swamp and wrestled one into his grip. Rather him than us.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Friends. (R) (T) 10.00 The OC. (R) (T) 10.55 Smallville. (R) (T) 11.50 My Eden. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun. (R) (T) 1.00 A Brief History of Fun. (R) (T) 1.20 FILM: David and Bathsheba (1951). Biblical drama, starring Gregory Peck. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The World According To. A nine-year-old speculates on the future of robotics. (T) 8.00 How to Look Good Naked. New series. Helping identical twins with differing views. (T) 9.00 The Diets That Time Forgot. Matron demands stool samples from the participants. (T) 10.00 Shameless. Debbie and Tom's secret is in danger of being exposed when he is accused of assault and only she can clear his name, while Mimi suffers divided loyalties when Paddy and Shane argue. (T) 11.10 Dirty Sexy Money. (R) (T) 12.10 Premier League Poker. 1.10 British Superbikes. (T) 2.05 British GT Championship. (R) (T) 2.30 KOTV. (T) 3.00 Red Bull Air Race. (R) (T) 3.40 The London Boat Show. (R) (T) 4.00 Barcelona World Race. (R) (T) 4.35 Adrenalin Rush. (R) (T) 5.00 Cycling.

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Hana's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 Fireman Sam. (R) (T) 6.55 Mio Mao. (R) (T) 7.05 Roary the Racing Car. (R) (T) 7.15 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerlots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Little Lodgers. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Sailor Sid. (R) (T) 8.40 Poochy. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide To. (T) 3.05 five news update. (T) 3.10 FILM: A Perry Mason Mystery: The Case of the Jealous Jokerster (1995). Courtroom drama, starring Hal Holbrook. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Jaguar Adventure with Nigel Marven. New series. The naturalist tours Brazilian swamplands: (T) 7.30 five news update. 8.00 Big, Bigger, Biggest. Examining Japan's massive Akashi Kaikyo Bridge; (T) 8.00 five news at 9. 9.00 CSI: Crime Scene Investigation. A witness in a high-profile trial is murdered. (T) 10.00 CSI: Miami. A government weapons truck is hijacked; (R) (T) five news update. 11.00 Law & Order: Criminal Intent. (T) 12.00 FBI Files. (T) 1.00 NBA Basketball. 3.30 French Football - Le Championnat. 4.20 Football Italiano. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight; Weather. (T) 6.25 Party Election Broadcast. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Katie makes a public declaration about her feelings for Gray but is disappointed when, later on, he fails to say the words she hopes to hear in return. Daz and Scarlett go for a drive and make the most of their privacy, but are horrified when Ross pulls over and checks out the car. Carl dumps the village's rubbish on the steps of Home Farm. (T)

7.30 UEFA Champions League Live. Liverpool v Arsenal (Kick-off 7.45pm). The second leg of this all-English quarter-final takes place tonight, as the Anfield crowd attempt to cheer their side through to the last four. Subsequent programmes subject to change. (T)

10.00 News at Ten and Weather; Weather. (T)

10.40 UEFA Champions League Highlights. Craig Doyle introduces action from this evening's second-leg matches in the quarter-finals, featuring Liverpool v Arsenal at Anfield and Chelsea v Fenerbahce at Stamford Bridge. The winners of both ties will meet in the semi-finals, with Liverpool aiming to reach that stage for the third time in four seasons, and Chelsea expected to defeat the Turkish outsiders. With commentary by Clive Tildesley and Peter Drury. (T)

11.40 Teenage Kicks. Vernon is shocked by the size of the bill from the divorce solicitors but can't find a friend to lend him the money. When the debt is passed to Mad Frankie's Debt Collection Agency and Frankie turns nasty, there's no way out but to get a job. Comedy, starring Adrian Edmondson, with Ed Coleman. (T) 12.10 Dexter. (R) (T) 1.05 Nightwatch with Steve Scott: Crime; (T) ITV News Headlines. 1.55 Loose Women. (R) 2.45 The Jeremy Kyle Show. (R) (T) 3.40 ITV Nightscreen.



LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1415 Prova de Amor 1515
Portugal no Coração 1800
Portugal em Directo 1905
News 2100 Sabe Mais Do
Que um Múido de 10 Anos?
0230 O Tutor 0400
Telealesas 0605 N6s

RTP2
0700 Euronews 0715 Zig
Zag 1300 Discovery Hour
1400 Siciidade Civil 1530
Da Terra Ao Mar 1600
National Geographic 1700
Zig Zag 1830 A Fé Dos
Homens 1900 2010 1945
Zig Zag 2045 Freinds 2110
National geographic 2200
News 2200 Greys Anatomy
2330 Sempre em Pé 0040
Noites da 2
0115Universidades 0145
Hora Discovery 0245
camara Claa 0355 2010
0535 Sociedade Civil 0605
Euronews

SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News
1415 Desejo Proibido 1415
Eterna Magia 1515
Contacto 1800 Sete
Pecados 1900 A Ganhar é
Que Agente Se Entende
2000 News 2130 Os Malucos
do Riso 2215 Duas Caras
2330 Resitirei 0030 Entre
Vidas 0130 Rescue Me 0230
Quando o Telefone Toca

TVI
0700 Diário Da Manha 1000
Vocé na TV 1300 News 1400
As Tardes da Júlia 1700
Quem Quer Ganha 1800
Morangos com Açúcar 2130
News 2215 Doce Fugitiva
0015 The Devil's Own, film

Best of the Rest

BBC3

7.00 Young Mums' Mansion: Friends and Family 7.30 Dog Borstal 8.00 Dawn Gets a Baby 9.00 Young Mums' Mansion 10.00 EastEnders 10.30 Little Britain Abroad 11.00 The Wall 11.45 Family Guy 12.10 Family Guy 12.30 Young Mums' Mansion 1.25 Bizarre ER 1.55 Dawn Gets a Baby 2.55 Bizarre ER 3.25 Dog Borstal 3.55 Young Mums' Mansion: Friends and Family 4.25 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Pop Go the Sixties 7.35 Doctor Who: The Daleks 8.00 Life in Cold Blood 9.00 Chinese School 10.00 A Year in Tibet 11.00 The Book Quiz 11.30 Chinese School 12.30 Proms on Four 2007 2.45 Chinese School 3.45 The Book Quiz 4.15 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Katie & Peter: The Next Chapter 9.00 Bionic Woman 10.00 Keith Lemon's Very Brilliant World Tour 10.35 Laura, Ben and Him 11.05 Comedy Cuts 11.35 Film: 8 Mile 1.5 (2002) 1.40 Film: Another 48 Hours 18 (1990) 3.30 Teleshopping

Sky One

1.00 Cold Case 2.00 Angel 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 Malcolm

in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Battlestar Galactica - Revisited 9.30 Battlestar Galactica - The Phenomenon 10.00 Battlestar Galactica - Razor 11.50 Stargate Atlantis 12.50 Road Wars 1.50 Road Wars 2.40 Angel 3.30 Deadwood 4.45 America's Dumbest Criminals 5.10 Gummy!

UKTV Gold

1.00 Last of the Summer Wine 1.40 Keeping Up Appearances 2.20 Victoria Wood as Seen on TV 3.00 dinnerladies 3.40 My Family 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 dinnerladies 6.20 My Family 7.00 Porridge 7.40 Only Fools and Horses 8.20 Blackadder the Third 9.00 Morecambe and Wise - The Greatest Moment 10.30 Only Fools and Horses 11.10 Blackadder the Third 11.10 Blackadder II 12.30 Porridge 1.10 Taggart 3.25 The Bill 4.10 EastEnders 4.40 As Time Goes By 5.10 Neighbours 5.35 Neighbours

TCM

1.00 Precious Bane 3.00 Little Women U (1949) 5.10 The Law and Jake Wade U (1958) 6.45 Lust for Life PG (1956) 9.00 Bonnie and Clyde 18 (1967) 11.00 Point Blank 18 (1967) 12.40 Brotherly Love 15 (1969) 2.40 Random Harvest U (1942) 5.00 Conspirator U (1949)

The Disney Channel

Kids' programmes from 7am, except:

Sky Movies Drama

6.30 Christmas on Chestnut Street (2006) 8.00 Booky Makes Her Mark U (2006) 9.35 Saving Milly PG (2005) 11.10 Martha: Behind Bars PG (2005) With Cybill Shepherd. 12.45 See Arnold Run 12 (2005) With Jürgen Prochnow. 2.20 Cousins 15 (1989) With Ted Danson. 4.20 Starman PG (1984) With Jeff Bridges. 6.20 Martha: Behind Bars PG (2005) With Cybill Shepherd. 8.00 Jarhead 15 (2005) With Jake Gyllenhaal. 10.05 Syriaans 15 (2005) With George Clooney. 12.15 Children of Men 15 (2006) With Clive Owen. 2.10 Breakfast on Pluto 15 (2005) With Cillian Murphy. 4.20 One Special Night PG (1999)

Sky Movies Comedy

6.15 Mouse Hunt PG (1997) 7.55 Last Holiday 12 (2006) 9.55 Stop! Or My Mom Will Shoot PG (1992) 11.30 American Mafia: From Street to Screen 12.30 Click 12 (2006) With Adam Sandler. 2.30 Mouse Hunt PG (1997) With Nathan Lane. 4.15 Last Holiday 12 (2006) With Queen Latifah.

(R)-repeat programme;

(T)- programme with teletext subtitles;

(S)- programme broadcast in stereo;

(bw)- black and white.

MOVIES

6.15 Stop! Or My Mom Will Shoot PG (1992) With Sylvester Stallone. 8.00 Click 12 (2006) With Adam Sandler. 10.00 Harlem Nights 18 (1989) With Eddie Murphy. 12.00 The Weather Man 15 (2005) With Nicolas Cage. 1.45 How To Be a Player 18 (1997) With Bill Bellamy. 3.20 The History of the World Part One 15 (1981) 4.55 Let's Make Love U (1960)

Sky Movies Action

6.05 Captive 15 (1998) 7.55 Facing the Enemy PG (2001) 9.35 Dying on the Edge 15 (1999) 11.10 Alien Resurrection 18 (1997) With Sigourney Weaver. 1.10 Mission: Impossible III 12 (2006) With Tom Cruise. 3.20 Basilisk: The Serpent King 15 (2006) With Jeremy London. 5.00 Switchback 15 (1997) With Dennis Quaid. 7.00 Alien Resurrection 18 (1997) With Sigourney Weaver. 9.00 Mission: Impossible III 12 (2006) With Tom Cruise. 11.10 The Crow 18 (1994) With Brandon Lee. 12.55 Inferno 18 (1999) With Jean-Claude Van Damme. 2.35 To Live and Die in LA 18 (1985) With Willem Dafoe. 4.35 Young Ivanhoe PG (1995)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Big League Weekend 10.30 Snow Adventures 11.00 Soccer AM: The Best Bits 12.00 Big League Weekend 1.30 Wild Spirits 2.00 Soccer AM: The Best Bits 3.00 Wild Spirits 3.30 Big League Weekend 5.00 NFL: Total Access 6.00 Snow Adventures 6.30 Revista De La Liga 7.30 Live Speedway. An Elite League meeting. 9.30 Revista De La Liga 10.30 Football Special 11.30 Speedway 1.30 Football Special 2.30 Revista De La Liga 3.30 World Motor Sport

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Snow Adventures 7.00 WWE: Afterburn 8.00 Soccer AM: The Best Bits 9.00 Speedway 11.00 World Motor Sport 1.30 Speedway 3.30 World Motor Sport 6.00 European Seniors Tour Golf 7.00 Ladies European Tour Golf 8.00 Pool 9.00 European Seniors Tour Golf 10.00 Poker 12.00 Sports Unlimited 1.00 Pool 2.00 Motor Racing 2.30 Motor Racing 3.30 Motor Sport 4.30 Close

Sky Sports 3

11.00 High Five 11.30 Racing News 12.00 Bass Fishing 1.00 NFL: Total

Access 2.00 Snow Adventures 2.30 High Five 3.00 Bass Fishing 4.00 Hockey 5.00 WWE: Smackdown 7.00 Sports Unlimited 8.00 High Five 8.30 Motor Racing 9.00 Bass Fishing 10.00 Ladies European Tour Golf 11.00 NFL: Total Access 12.00 Motor Racing 1.00 European Seniors Tour Golf 2.00 Close

British Eurosport

7.30 Curling 9.30 Volleyball 10.30 Eurogoals 11.15 UEFA Champions League 12.15 WATTS 1.00 UEFA Champions League 2.00 WATTS 2.15 UEFA Champions League 3.15 Eurogoals 4.00 Live Curling. Sweden v Scotland. 5.00 Eurogoals 5.15 Live Curling. Sweden v Scotland. 6.00 Eurogoals 6.45 MotoGP 8.00 Boxing 10.00 World Touring Car Championship 10.30 Rallying 11.00 Le Mans Endurance Series 11.30 Volleyball 12.30 Close

Sky Sports Xtra

4.00 Snow Adventures 4.30 High Five 5.00 Pool 6.00 High Five 6.30 Motor Racing 7.00 Motor Racing 8.00 Hockey 9.00 Motor Sport 10.00 Sports Unlimited 11.00 Snow Adventures 11.30 High Five 12.00 Hockey 1.00 Motor Sport 2.00 Snow Adventures 2.30 High Five 3.00 Close



Special
HEALTH
INSURANCE for Readers



10% off your first year's premium



PAT Care

See page 39

BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 Open House. (R) (T) 11.30 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Space Pirates. (R) (T) 3.35 CBBC: Small Talk Diaries. (T) 3.50 Eliot Kid. (T) Thumb Wrestling Federation: TWF. (R) (T) 4.05 Young Dracula. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest. (R) (T) BBC News; Weather. (T) 6.00 Regional News Programmes; Weather. (T) 6.55 Party Election Broadcast. By the Liberal Democrats. (T)

7.00 The ONE Show. (T) 7.30 Street Doctor. The GPs head to Sheffield, where Ayan helps a young climber stay on his feet. Jonty aids a pregnant woman with a hernia. Barbara talks to someone about haemorrhoids and George gives a warning to a diabetic about the health of his eyes. (T) BBC News; Regional News. (T)

8.00 Traffic Cops. Police in Hull use a taser for the first time to combat dangerous offenders armed with guns and knives. Jamie Theakston narrates. (T) 9.00 The Apprentice. Alan Sugar challenges the budding entrepreneurs to take over a pub that has never served food before and turn it into a restaurant with the theme of their choice for one day, while running the kitchen and serving food to paying customers. Nick Hewer and Margaret Mountford report back to the boardroom before another candidate is dismissed. (T)

10.00 BBC News at Ten O'Clock. (T) 10.25 Regional News; Weather. (T) 10.35 The National Lottery Draws. More fortunes are made as the balls are set rolling and the all-important results of the Thunderball, Dream Number and Lotto draws are revealed. (T) 10.40 Comedy Sketchbook. New series. Angus Deayton presents a selection of both famous and obscure comedy sketches from the past 40 years. Featuring clips by comedians such as Dick Emery, Morecambe and Wise, Kenneth Williams, Catherine Tate and Lenny Henry, as well as classic moments from The Fast Show, Dead Ringers and Not the Nine O'Clock News. (T)

11.30 FILM: The Boys from Brazil (1978). Tense thriller, starring Laurence Olivier; (T) Weatherview.

1.35 Sign Zone: Unknown Africa. (R) (T) 2.05 Sign Zone: Casualty 1907. (R) (T) 3.05 Sign Zone: An Island Parish. (R) (T) 3.35 Sign Zone: To Buy or Not to Buy. (R) (T) 4.20 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Tweenies Songtime. (R) (T) 7.00 In the Night Garden. (R) (T) 7.30 Mama Mirabelle's Home Movies. (R) (T) 7.45 Tommy Zoom. (R) (T) Take a Bow. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.25 Thumb Wrestling Federation: TWF. (T) 8.30 Watch My Clips. (R) (T) 8.45 ChuckleVision. (R) (T) 9.00 The Story of Tracy Beaker. (R) (T) 9.25 The Cramp Twins. (R) (T) 9.40 What's New Scooby-Doo? (R) (T) 10.00 Stupid. (R) (T) 10.25 MySay. (T) 10.30 FILM: Pokemon 4Ever (2002). Animated adventure with the voice of Veronica Taylor. (T) 11.50 FILM: Teacher's Pet (2004). Premiere. Animated fun, with the voice of Nathan Lane. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Live Swimming. The World Short Course Championships. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Fog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Live Swimming. The World Short Course Championships. Clare Balding introduces coverage of tonight's finals on the opening day of competition at the MEN Arena in Manchester. (T) 8.00 Natural World. Two 17-year-old reindeer herders. (T) 8.50 Badlands Raging Bulls. Male bison fight for the right to mate. (T) 9.00 Dan Cruickshank's Adventures in Architecture. Structures linked by the theme of death. (T) 10.00 The Apprentice: You're Fired! Interview with the show's freshly rejected candidate. (T) 10.30 Newsnight; Weather. (T) 11.20 Golf: The Masters. (T) 12.30 BBC News 24. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Property Ladder (C4, 8pm)

The show has been on our screens for seven years, but this series of Property Ladder has the potential to be the most interesting yet. In the past, viewers have seen would-be developers blithely ignore all of presenter Sarah Beeny's sensible advice about workable layouts and appealing to the right market, go way over the ill-thought-out budgets, and made some truly bizarre decorating decisions, only to still sell their property on for a profit because of rising house prices. However, with the market becoming increasingly uncertain, taking on a renovation project is more of a risk than ever, and this year's crop of hopefuls might actually have to listen to Sarah if they don't want to make a loss. It looks as if like she'll still have her work cut out getting through to the couples featured in this week's opening episode though. Andy and Amanda Tindall have just bought a medium-sized, three-bedroom home in Hampshire for £600,000 and are convinced that with the right look and a big extension they can sell it for a million - despite Sarah's warnings that its location and appearance are likely to put off big spenders. Meanwhile, in Royal Berkshire, another pair of would-be property tycoons are convinced that by adding just 60 square feet of space to their new investment, they can increase its value by a third.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.25 Friends. (R) (T) 9.55 The OC. Lindsay and Ryan question their relationship. (R) (T) 10.50 Smallville. (R) (T) 11.45 Science Scams. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 FILM: Esther and the King (1960). Biblical epic, starring Joan Collins. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The World According To. A boy discusses space travel. (T) 8.00 Property Ladder. New series. A couple attempt to sell their home for a seven-figure sum. (T) 9.00 Grand Designs. Kent carpenter John Cadney, whose family hasn't had a proper home for 16 years, decides to import a four-bedroom log cabin from Finland and assemble it himself. (R) (T) 10.00 Desperate Housewives. Stella makes Lynette marijuana-laced brownies to help with her chemotherapy. The ladies are reluctant to attend one of Susan's charade parties, until they ensure Katherine will be there. (T) 11.05 Shameless. (R) (T) 12.10 4Music: The Green Room. (R) (T) 12.45 4Music: 4 Play: Jack Johnson. (T) 1.00 FILM: Krish (2006). Premiere. Sci-fi adventure, starring Hrithik Roshan. 4.00 Sporting Acts. (R) (T) 4.15 In the Time of Angels. (R) (T) 4.30 Headland. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake! Oswald. (R) (T) 6.10 Hana's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 Fireman Sam. (R) (T) 6.55 Mio Mao. (R) (T) 7.05 Roary the Racing Car. (R) (T) 7.15 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerfots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Sailor Sid. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to Weekend Breaks. (T) 3.05 five news update. (T) 3.15 FILM: Hard Ground (2006). Western, starring Burr Reynolds. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 It Pays to Watch. Money-saving advice with Martin Lewis; (T) 7.30 five news update. (T) 8.00 Britain's Bravest. The rescue of a trapped climber; (T) 8.00 five news at 9.00 Extraordinary People: The Human Camera. Profile of autistic artist Stephen Wiltshire. (T) 10.00 FILM: Young Guns (1988). Western charting the rise of gunslinger Billy the Kid and his outlaw buddies as they set out on a bloody rampage to avenge the death of their employer. Starring Emilio Estevez. (T) 12.10 Poker. 1.40 Live Major League Baseball. A game from North America. 4.25 World Supercross Championship. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Daily Kos Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight; Weather. (T) 6.25 Party Election Broadcast. By the Liberal Democrats. (T)

6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Viv proudly hands over a cheque for the money she has raised for the charity, but the police arrive and interrupt her speech by arresting her for obtaining money by deception. Katie decides to give Gray a pair of cufflinks, but when he catches her putting them in his pocket he accuses her of snooping. (T)

7.30 Coronation Street. After spending the night in a prison cell, David comes clean about his past misdeeds, but Gail refuses to testify against him. Becky takes one of the builders back to Roy's place. (T)

8.00 The Bill. Two-part story, starring Edward Woodward, his son Tim and grandson Sam as three generations of an East End criminal dynasty. Ageing gangster Johnnie Jackson, sensing the onset of Alzheimer's disease, tries to rescue his grandson from a life of crime, but the seeds of destruction are already sown as young Jacko finds himself working for ruthless drug dealer Roger Hutton. Concludes tomorrow. (T)

9.00 Rock Rivals. Mal accidentally runs over Karina, sending her into a coma - but she wakes up with no memory of what happened, and allows herself to be conned into belatedly accepting his marriage proposal. Unfortunately for him, Jinx takes the news of their engagement as her cue to announce she's pregnant. Meanwhile, Caleb and Carson use underhand tactics to sabotage Addison's burgeoning career as a solo artist. (T)

10.00 News at Ten and Weather; Weather. (T) 10.35 Dexter. Debra and Batista think they've managed to discover the Ice Truck Killer's identity, but Dexter isn't convinced of their suspect's guilt. Meanwhile, Rita's ex-husband is paroled. (T)

11.40 Soundtrack to My Life. Singer-songwriter and pianist Joe Jackson meets Cat Deeley to discuss his career as a performer, reveal his musical influences and speculate on what the future holds in store. (T)

12.10 Nightwatch with Steve Scott: Crime. (T) 1.05 Quincy ME; (R) (T) ITV News Headlines. 1.55 Loose Women. (R) 2.45 The Jeremy Kyle Show. (R) (T) 3.40 ITV Nightscreen.

LOCAL

RTP1
0630 Bom dia Alegria 1300 News 1410 Prova de Amor 1515 Portugal no Coração 2000 News 2315 International Affairs II, film 0400 Teleales 0605 Nô

RTP2
0700 euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Da Terra ao Mar 1615 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Biosfera 1945 Zig Zag 2045 Friends 2115 National Geographic 2200 News 2240 The Nine 2330 Clube de Imprensa 0030 Noites 0145 Discovery Hour 0245 Bastidores 0315 Biosfera 0400 Sociedade Civil 0500 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Desejo Proibido 1500 Eterna Mágica 1530 Contacto 1800 Sete Pecados 1900 A Ganhar é que A Gente se Entende 2000 News 2215 Duas Caras 2330 Resitirei 0030 CSI Miami 0130 Rescure Me 0230 Quando O telefone Toca

TVI
0700 Diário Da Manhã 1000 Vozê na TV 1300 News 1400 As Tardes da Júlia 1700 Que Quer Ganha 1800 Morangos com Açúcar - Férias de Verão 2000 News 2115 Ilha dos Amores 2215 Desejo Fugitiva 2315 Tu e Eu 0015 Apolo 13, film 0230 Toca a Ganhar 0345 TVI Negócios 0400 O Portador IV 0500 Teleales

Best of the Rest

BBC3

7.00 Young Mums' Mansion: Friends and Family 7.30 Dog Borsal 8.00 Dawn Gets Her Man 9.00 Freaky Eaters 10.00 Young Mums' Mansion 11.00 Bizarre Er 11.30 Family Guy 11.55 Family Guy 12.15 The Wall 1.00 Young Mums' Mansion 1.55 Dawn Gets Her Man 2.55 Freaky Eaters 3.50 Dog Borsal 4.20 Young Mums' Mansion: Friends and Family 4.50 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Doctor Who: The Daleks 7.55 Doctor Who: The Daleks 8.20 Live on the Night 9.00 Rather You Than Me 10.00 Arena: Oooh er Missul! The Frankie Howard Story 11.00 Up Pompeii 11.30 Mark Lawson Talks to David Renwick 12.30 Rather You Than Me 1.30 Demob Happy 2.30 Mark Lawson Talks to David Renwick 3.30 Rather You Than Me 4.30 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Gossip Girl 9.00 Film: Another 48 Hours 18 (1990) 10.55 Coronation Street 11.25 Film: 8 Mile 15 (2002) 1.35 Teleshopping 4.35 ITV2 Nightscreen

Sky One

1.00 Cold Case 2.00 Angel 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons

7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: There's Something About Mary 15 (1998) 11.15 Cold Case 12.15 Stargate Atlantis 1.15 Road Wars 2.10 Road Wars 3.00 Angel 3.50 Deadwood 4.45 America's Dumbest Criminals 5.10 Guilty! UKTV Gold

1.00 Last of the Summer Wine 1.40 Keeping Up Appearances 2.20 Victoria Wood as Seen on TV 3.00 dinnerladies 3.40 My Family 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 dinnerladies 6.20 My Family 7.00 Porridge 7.40 Only Fools and Horses 8.20 Blackadder the Third 9.00 Jonathan Creek 10.00 Only Fools and Horses 11.15 Blackadder II 11.55 Blackadder the Third 12.35 Only Fools and Horses 1.15 Porridge 1.55 Jonathan Creek 2.50 The Bill 3.40 Baywatch 4.25 Close Up 4.35 2point4 Children 5.05 As Time Goes By 5.35 Neighbours

TCM

1.00 Brigadoon U (1954) 3.00 Harum Scarum U (1965) 4.30 Some Came Running PG (1959) 7.20 Marlowe PG (1969) 9.00 Catholic Boys 15 (1985) 10.50 Lolita 15 (1962) 1.35 The Fearless Vampire Killers 12 (1967) 3.25 The Spartan Gladiators U (1965) 5.00 Escape from East Berlin U (1962)

The Disney Channel

Kids' programmes from 7am, except:

Visit the paper online
www.the-news.net

MOVIES

Sky Movies Drama

6.00 Diggity's Treasure PG (2003) 7.45 Ice Bound PG (2003) 9.20 The Top 10 Show 9.40 Columbo: Grand Deceptions PG (1989) 11.20 Three Wishes PG (1995) With Patrick Swayze, 1.20 Shine 15 (1996) With Stephen Fry, 3.50 Desperate Rescue 12 (1992) With Mariel Hemingway, 5.30 Total Film Red Carpet Event 6.00 Great Expectations 15 (1998) With Ethan Hawke, 8.00 Little Children 15 (2006) With Kate Winslet, 10.20 Derailed 15 (2005) With Jennifer Aniston, 12.10 The Front 15 (1976) With Woody Allen, 1.50 Boxcar Bertha 18 (1972) With Barbara Hershey, 3.25 Swindle 15 (2002) 5.05 Diggity's Treasure PG (2001)

Sky Movies Comedy

6.55 Annie Hall 15 (1977) 8.30 The Shaggy Dog U (2006) 10.10 'Til There Was You PG (1997) 12.10 Father of the Bride PG (1991) With Steve Martin, 2.00 Hot Fuzz 15 (2007) With Simon Pegg, 4.00 Comedy Close Up 4.30 The Shaggy Dog U (2006) With Tim Allen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Sky Movies Action

6.10 Father of the Bride PG (1991) With Steve Martin, 8.00 Hot Fuzz 15 (2007) With Simon Pegg, 10.00 Clerks II 15 (2006) With Brian O'Halloran, 11.45 Dukes of Hazzard: The Beginning 15 (2007) With Jonathan Bennett, 1.25 Rumor Has It 12 (2005) With Jennifer Aniston, 3.05 Clerks II 15 (2006) 4.45 'Til There Was You PG (1997)

6.10 Striking Poses 15 (1997) 8.00 Bittersweet 15 (1999) 9.50 A Clean Kill 15 (1999) 11.35 The Edge 15 (1997) With Anthony Hopkins, 1.35 Domsday Man 15 (1998) With Esai Morales, 3.20 Total Stranger 15 (1999) With Lindsay Crouse, 5.10 Streets of Fire 15 (1984) With Michael Pare, 7.00 The Edge 15 (1997) With Anthony Hopkins, 9.00 Tango & Cash 18 (1989) With Sylvester Stallone, 10.50 The Replacement Killers 18 (1998) With Chow Yun-Fat, 12.30 Rec Close Up 1.00 Blow Out 18 (1981) With John Travolta, 3.00 Body of Evidence 18 (1992) With Madonna, 4.50 The Legend of Butch and Sundance PG (2004)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Special 10.00 UEFA Champions League 10.30 UEFA Champions League 11.00 UEFA Champions League 11.30 UEFA Champions League 12.00 Football Special 1.00 UEFA Champions League 1.30 UEFA Champions League 2.00 UEFA Champions League 2.30 UEFA Champions League 3.00 Revista De La Liga 4.00 UEFA Champions League 4.30 UEFA Champions League 5.00 UEFA Champions League 5.30 UEFA Champions League 6.00 Boots 'n' All 7.00 Transworld Sport 8.00 European Tour Weekly 8.30 Total Rugby 9.00 Boots 'n' All 10.00 Transworld Sport 11.00 Boots 'n' All 12.00 FIFA Futbol Mundial 12.30 Total Rugby 1.00 Poker 3.00 FIFA Futbol Mundial 3.30 Sports Unlimited 4.30 You're on Sky Sports!

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Snow Adventures 7.00 WWE: Heat 8.00 Sports Unlimited 9.00 Speedway 11.00 Poker 1.00 Ladies European Tour Golf 2.00 Motor Racing 3.00 Speedway 5.00 NFL: Total Access 6.00 European Tour Weekly 6.30 FIFA Futbol Mundial 7.00 Live UEFA Champions League. Manchester United v AS Roma (Kick-off 7.45pm). 10.30 You're on Sky Sports! 12.00 European Tour Weekly 12.30 British Motocross Championship 1.30 European Tour Weekly 2.00 Boots 'n' All 3.00 Close

Sky Sports 3

6.30 Revista De La Liga 7.30 Motor Racing 8.00 Motor Racing 9.00 European Seniors Tour Golf 10.00 Ladies European Tour Golf 11.00

High Five 11.30 Racing News 12.00 Aerobics Oz Style 12.30 Snow Adventures 1.00 NFL: Total Access 2.00 Snow Adventures 2.30 High Five 3.00 Sports Unlimited 4.00 Pool 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Total Rugby 7.30 Live UEFA Champions League. Barcelona v Schalke 04 (Kick-off 7.45pm). 10.00 British Motocross Championship 11.00 NFL: Total Access 12.00 Ten Pin Bowling 1.00 Watersports World 2.00 Transworld Sport 3.00 Close

British Eurosport

7.00 Yoz Magazine 8.00 Curling 10.00 Live Swimming. The World Short Course Championships. 12.15 Mission to Beijing 12.30 Cycling 1.15 Cycling 1.45 Live Cycling. The Gent-Wevelgem race. 3.30 Live Curling. Germany v Sweden. 5.00 Eurogoals 5.15 Live Curling. Germany v Sweden. 6.00 Swimming 7.00 Live Swimming. The World Short Course Championships. 9.00 Wednesday Selection 9.10 Riders Club 9.15 US Tour Golf 10.15 European Tour Golf 10.45 Golf Club 10.50 Yacht Club 10.55 Wednesday Selection 11.00 Cycling 12.00 Cycling 12.30 Close

Sky Sports Xtra

12.30 Motor Sport 1.30 Motor Racing 2.00 European Seniors Tour Golf 4.00 Snow Adventures 4.30 High Five 5.00 Motor Racing 6.00 Irish Greyhound Racing 7.00 British Motocross Championship 8.00 Ten Pin Bowling 9.00 Max Power 10.00 Watersports World 11.00 Snow Adventures 11.30 High Five 12.00 Max Power 1.00 Snow Adventures 1.30 High Five 2.00 Irish Greyhound Racing 2.30 Close

Directory Enquiries in English and so much more

from fixed phones, call boxes, mobiles and mobiles on roaming

Monday to Friday 09:30 - 18:00

calls from fixed phones 60 cents per enquiry calls from mobiles 60 cents per minute

It's so easy to find a number

National & International Business & Private

directory enquiries in English

760 50 60 70

BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 Open House. (R) (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (R) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Space Pirates. (R) (T) 3.35 CBBC: Small Talk Diaries. (R) (T) 3.50 Eliot Kid; (T) Thumb Wrestling Federation: TWF. (R) (T) 4.05 Stake Out. (R) (T) 4.35 Beat the Boss. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Bianca moves in with Pat and tells the social worker she is living there with Ricky, but he is reluctant to go along with her story. Roxy risks a rendezvous with Sean, despite her sister's suspicions, and Tanya acts as matchmaker for Jack and Ronnie. A happy Guy gets closer to Keisha; (T) BBC News; Regional News. (T)

8.00 HolbyBlue. The officers attempt to track down the culprits behind a vicious happy-slapping attack, all-the-while struggling to come to terms with their own loss. When a local teenager is arrested for joy-riding, it becomes clear he was present during the assault, or at least a witness, but he refuses to help the police with their investigation. Meanwhile, after one of her hardest days on the job, Lucy makes a decision about her future. Elaine Glover and Richard Harrington star. (T)

9.00 Who Do You Think You Are? Actress Barbara Windsor attempts to trace her family tree. Her investigations lead her from Pearly Kings and Queens to the workhouse and match girls, culminating in a trip across to Ireland, where she discovers her mother's ancestor left Cork after the potato famine. However, Suffolk yields the biggest surprise of all - she is distantly related to the painter John Constable. (R) (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 Live Golf: The Masters. The opening day at the Augusta National. (T)

12.00 This Week; (T) Holiday Weather. 12.50 Sign Zone: Panorama. (R) (T) 1.20 Sign Zone: Johnny's New Kingdom. (R) (T) 1.50 Sign Zone: The Twenties in Colour: The Wonderful World of Albert Kahn. (R) (T) 2.20 Sign Zone: Bill Oddie's Wild Side. (R) (T) 2.50 Sign Zone: To Buy or Not to Buy. (R) (T) 3.35 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 In the Night Garden. (R) (T) 7.30 Mama Mirabelle's Home Movies. (T) 7.45 Tommy Zoom; (R) (T) Take a Bow. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.25 Thumb Wrestling Federation: TWF. (R) (T) 8.30 Watch My Chops. (R) (T) 8.45 ChuckleVision. (R) (T) 9.00 The Story of Tracy Beaker. (R) (T) 9.25 The Cramp Twins. (R) (T) 9.40 What's New Scooby Do? (R) (T) 10.00 Stupid. (R) (T) 10.25 MySay. (R) (T) 10.30 Schools: BBC Primary History. (T) 10.50 Megamaths. (T) 11.10 Landmarks. (T) 11.30 KS 1 Science Clips. (T) 11.40 KS1 Science Clips. (T) 11.50 Hands Up! (T) 12.00 Open Gardens. (R) (T) 12.30 Working Lunch. (T) 1.00 Live Swimming. The World Short Course Championships. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Live Swimming. The World Short Course Championships. Clare Balding introduces coverage of tonight's finals on the second day of competition at the MEN Arena in Manchester. (T) 8.00 Coast. The Solway Firth to Skye. (R) (T) 9.00 Live Golf: The Masters. Gary Lineker hosts coverage of the opening day of the first Major of the year, staged at arguably the most recognisable golf club in the world, the Augusta National in Georgia. Coverage continues on BBC1. (T) 10.30 Newsnight; Weather. (T) 11.20 Ideal. (T) 11.50 Arrested Development. (R) (R) (T) 12.15 Arrested Development. (R) (T) 12.35 Arrested Development. (R) (T) 12.55 BBC News 24. (T) 3.35 Close. 4.00 BBC Learning Zone. (T)

Pick of the Day

HolbyBlue (BBC1, 8pm)

Tony Jordan's compelling cops and robbers drama continues to refresh the parts other police dramas cannot reach. Following the tragic death of PC Robert Clifton, the Holby team are still coming to terms with their loss. PC Lucy Slater (Elaine Glover) is so shocked; she decides to hand her notice in. Meanwhile, DI John Keenan (Cal Macaninch) and DS Luke French (Richard Harrington) attempt to find the gang of youths responsible for the unprovoked attack on young man Pradip Das (Syed Khan). It becomes clear that local joyrider Trey Gabriel (Christopher Steward) is either responsible or a witness, as his mobile phone contains footage of the attack, but is he the culprit? Youth worker Sean Burrows (Kevin Doyle) accompanies Trey during the investigation. Having run a project for disadvantaged kids, he now has a good relationship with CID and tries to persuade Trey to help with police enquiries. However, things don't quite go to plan, so a frustrated Sean returns home and takes his anger out on his teenage son, Lee (Robert Lowe). Good support comes from Chloe Howman and Jimmy Akingbola.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.25 Friends. (R) (T) 9.55 The OC. (R) (T) 10.50 Smallville. (R) (T) 11.45 Science Scams. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 FILM: The Girl in the Red Velvet Swing (1955). Melodrama, starring Ray Milland. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The World According To. A 10-year-old discusses recycling. Last in series. (T) 8.00 Celebrity Come Dine with Me. New series of the dinner party challenge, beginning with a celebrity special in which Tamara Beckwith, MC Harvey, Lynsey de Paul and Jonathan Ansell host meals in their own homes. (T) 9.00 Cotton Wool Kids. The anxieties and fears of modern parents. (T) 10.00 My Name Is Earl. Incarcerated Earl attempts to unite feuding gang members. (T) 10.30 The Big Bang Theory. (T) 11.00 Skins. (T) 12.00 The Sopranos. (T) 1.15 The Law of the Playground. (R) (T) 1.45 The 7 Stupidest Things to Escape From. (R) (T) 2.40 King of the Hill. (T) 3.10 King of the Hill. (T) 3.35 Immigration: The Inconvenient Truth. (R) (T) 4.30 Headland. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake! Oswald. (R) (T) 6.10 Hana's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 Fireman Sam. (R) (T) 7.00 Roary the Racing Car. (R) (T) 7.15 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide To. (T) 3.05 five news update. (T) 3.10 FILM: Mystery Woman: Wild West Mystery (2006). Detective drama, starring Kellie Martin. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Rough Guide to Short Breaks. Julia Bradbury takes an exotic belly-dancing class during a visit to Istanbul and Toby Amies enjoys spectacular views of Manhattan while spending a few days in New York; (T) 7.30 five news update. 8.00 I Own Britain's Best Home. Properties in Fife, Halifax and Surrey; (T) 8.00 five news at 9. 9.00 House. A patient claims she can see the dead. (T) 10.00 Grey's Anatomy. Derek and Mark clash over the treatment of a burns victim. (T) 11.00 A Girl's Guide to 21st Century Sex. (R) (T) 11.45 Quiz Call. 4.00 Football Argentina. 4.40 Dutch Football. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. The police continue to question Viv and fists start to fly between Matthew and Carl. David suggests to Jasmine that they get back together but is humiliated when she turns him down. (T)

7.30 Tales from the Country. Selina Scott visits an eco housing estate in Shropshire, while Tony Francis learns about hemp and meets a couple from Berkshire whose farm is a beacon of the agricultural industry. (T)

8.00 The Bill. As Smithy and Max investigate the killing of Jacko Jackson, the list of suspects continues to grow. Grandfather Johnnie admits to rowing with the lad and his illegitimate son Roger Hutton has a clear motive for wanting him out of the way, while girlfriend Anya confesses to coming to blows with him on the night of the crime. Concluding the two-part story, with Edward and Tim Woodward. (T)

9.00 New Homes from Hell. Meeting people whose new homes proved to be disasters waiting to happen. From one couple finding their house has so many structural faults it may have to be demolished, to a man who built a castle in a haystack on green belt land. Plus, a vengeful individual who used a mechanical digger to seek revenge. (T)

10.00 News at Ten and Weather; Weather. (T) 10.35 He Kills Coppers. Nearly 20 years after the killings, Frank has managed to attain the rank of DCI, but finds that promotion is no guarantee of fulfilment. Spurred into renewed action by the disappearance of journalist Tony Meehan, he finally manages to locate Billy - who senses the game is almost over and arms himself in readiness, determined to end it on his own terms. Last in series. (R) (T)

11.35 UEFA Cup Football. Craig Doyle presents action from this evening's second-leg fixtures in the quarter-finals, including Sporting Lisbon v Rangers at the Estadio Jose Alvalade. (T)

12.35 Nightwatch with Steve Scott: Emergency; (T) ITV News Headlines. 2.20 Loose Women. (R) 3.10 The Jeremy Kyle Show. (T) 4.00 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 1800
Portugal em Directo 1945
Football: Sporting v
Glasgow Rangers 2130
News 0045 Imortal Ad
Vitam, film 0415 Telesales
0605 N6s

RTP2

0700 Euronews 0715 Zig
Zag 1300 Discovery Hour
1400 Sociidade Civil 1530
Da Terra Ao Mar 1600
Natioal Geographic 1715
Zig Zag 1830 A Fé dos
Homens 1900 Iniciativa
2115 National Geographic
2200 News 2240
Sobrenatural 2330 Balanço
& Contas 0030 Noites 2
0115 Universidades 0145
Discovery Hour 0245
Iniciativa 0400 Sociidade
Civil 0530 Euronews

SIC

0700 Floribella 0830 Sic
Kids 1100 Fatima 1300
News 1415 Eteta Magi
1445 O Profeta 1515
Contacto 1600 Film TBA
1800 Film TBA 2000 News
2215 Paraíso Tropical 2315
Vingança 0015 CSI New
York 0115 CSI Las Vegas
0205 Film TBA

TVI

0700 Diário Da Manha 1000
Vocé na TV 1300 News 1400
Tarde de Julia 1700 Quem
Quer Ganha 1800 Morangos
Com Açúcar 2115 Ilha dos
Amores 2215 Doce Fugitiva
2330 Tu e Eu 0100 Escritorio
0200 Cartaz das Artes 0230
Acidental Meeting, film
0445 Telesales

Best of the Rest

BBC3

7.00 Young Mums' Mansion:
Friends and Family 7.30
Spendaholics 8.00 Freaky
Eaters 9.00 Young Mums'
Mansion 10.00 EastEnders
10.30 Lily Allen's Best Bits
11.30 Family Guy 11.50
Family Guy 12.10 Pulling 12.40
Young Mums' Mansion 1.40
Lily Allen's Best Bits 2.40
Pulling 3.10 Freaky Eaters
4.00 Young Mums' Mansion:
Friends and Family 4.35 Close

BBC4

7.00 World News Today 7.00
Weather 7.30 In Search of
Medieval Britain 8.00
Himalaya with Michael Palin
9.00 Arena: The Strange Luck
of VS Naipaul 10.00 Chinese
School 11.00 Mad Men 11.45
In Search of Medieval Britain
12.15 The Sky at Night 12.45
Arena: The Strange Luck of
VS Naipaul 1.45 Chinese
School 2.45 In Search of
Medieval Britain 3.15 Arena:
The Strange Luck of VS
Naipaul 4.15 Close

ITV2

1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 4.45 Ricki
Lake 4.30 Sally Jessy
Raphael 5.20 The Mollie
Williams Show 6.05 Judy
Judy 7.00 Smallville 8.00
American Idol 9.00 Katie &
Peter: The Next Chapter 10.00
Gossip Girl 11.00 Supernatural
12.00 Entourage 12.30 The
Office: An American
Workplace 1.00 Katie & Peter:
The Next Chapter 2.00
Entourage 2.30 The Office:
An American Workplace 2.55
Teleshopping 5.55 ITV2
Nightscreen

Sky One

1.00 Cold Case 2.00 Angel
3.00 Stargate SG-1 4.00
Stargate SG-1 5.00 Are You
Smarter Than a 10 Year Old?
6.00 Futurama 6.30 Malcolm
in the Middle 7.00 The
Simpsons 7.30 The Simpsons
8.00 Project Runway 9.00
Bones 10.00 Cold Case 11.00
Night Cops 12.00 Stargate
Atlantis 1.00 Road Wars 1.50
Road Wars 2.40 Dream Team
4.05 Dream Team 4.55 Bite
Size Brainiac 5.10 Guilty!

UKTV Gold

1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 Victoria Wood as Seen
on TV 3.00 dinnerladies 3.40
My Family 4.20 Keeping Up
Appearances 5.00 Last of the
Summer Wine 5.40
dinnerladies 6.20 My Family
7.00 Porridge 7.40 Only Fools
and Horses 8.20 Blackadder
the Third 9.00 Only Fools and
Horses 10.15 Blackadder II
10.55 Blackadder the Third
11.30 Only Fools and Horses
12.10 Porridge 12.50 Two
Pints of Lager and a Packet
of Crisps 1.30 Taggart 3.50
EastEnders 4.20 Baywatch
5.05 2point4 Children 5.35
Neighbours

TCM

1.00 Lorna Doone 2.00 Ride
Him, Cowboy U (1932) 3.00
Hot Millions U (1968) 4.55
Billy Rose's Jumbo U (1962)
7.10 The Liquidator PG (1965)
9.00 Blow-Up 15 (1966) 11.00
Fame 15 (1980) 1.20 Dark of
the Sun 12 (1968) 3.10 San
Antonio PG (1945) 5.00 Each
Dawn I Die PG (1939)

The Disney Channel

Kids' programmes from 7am,
except:

Sky Movies Drama

6.45 Blessings PG (2003) 8.25
Gideon PG (1999) 10.10
Honeymoon with Mom 12 (2006)
11.50 Julius Caesar PG (1970)
With Charlton Heston. 1.50 The
Pursuit of Happiness 12 (2006)
With Will Smith. 3.50 Martin
Scorsese: The Man and his
Movies 4.20 Manhattan 15
(1979) With Woody Allen. 6.00
The Family Stone PG (2005)
With Claire Danes. 8.00 The
Pursuit of Happiness 12 (2006)
With Will Smith. 10.00 The Good
Shepherd 15 (2006) With Matt
Damon. 12.50 Witness 15
(1985) With Harrison Ford. 2.50
Two for the Money 15 (2005)
With Al Pacino. 5.05 Gideon
PG (1999)

Sky Movies Comedy

6.45 The Clinic PG (2004) 8.15
Police Academy VI: City Under
Siege PG (1989) 9.40 Robin
Hood: Men in Tights PG (1993)
11.30 Groundhog Day PG
(1993) With Bill Murray. 1.15
Three Amigos! PG (1986) With
Steve Martin. 3.05 The Ringer

TCM

1.00 Lorna Doone 2.00 Ride
Him, Cowboy U (1932) 3.00
Hot Millions U (1968) 4.55
Billy Rose's Jumbo U (1962)
7.10 The Liquidator PG (1965)
9.00 Blow-Up 15 (1966) 11.00
Fame 15 (1980) 1.20 Dark of
the Sun 12 (1968) 3.10 San
Antonio PG (1945) 5.00 Each
Dawn I Die PG (1939)

The Disney Channel

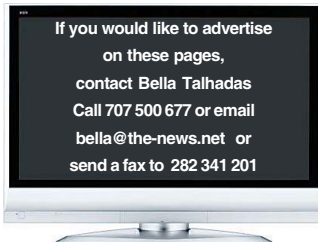
Kids' programmes from 7am,
except:

Groundhog Day PG (1993)

With Bill Murray. 9.45 The
Ringer 12 (2005) With Johnny
Knoxville. 11.25 A Fish Called
Wanda 15 (1988) With John
Cleese. 1.15 Shooting Fish 12
(1997) With Dan Futterman.
3.15 Project: ALF PG (1996)
4.55 The Clinic PG (2004)

Sky Movies Action

6.30 Ninja Dragons PG (1994)
8.15 Alone with a Stranger 15
(1999) 10.00 The Top 10 Show
10.20 Asunder 18 (1998) 12.20
The Da Vinci Code 12 (2006)
With Tom Hanks. 3.00 Crimes
of Passion: Sleepwalker 15
(1996) With Jeffrey Nordling.
4.45 Payback 15 (1996) With
Marty Tyler Moore. 6.30 The Da
Vinci Code 12 (2006) With Tom
Hanks. 9.00 Fire Down Below
18 (1997) With Steven Seagal.
10.50 Poseidon 15 (2006) With
Kurt Russell. 12.30 Running
Scared 18 (2006) With Paul
Walker. 2.35 Silent Rage 18
(1982) With Chuck Norris. 4.20
Volcano: Fire on the Mountain
PG (1997)



IMMEDIACY!

What could it do
for your
business?

An advert in the TV guide is a very powerful tool. It will be read by thousands of potential clients with high spending power. How can we be so sure? Have you seen the price of a reasonable satellite system to receive the above programmes? These are people you want to talk to, to tell them what you have to offer. But these are special adverts, they have high exposure for one day. Use them properly for really powerful results... A special offer for the next day, a discount if you eat at your restaurant that evening, an event that follows within a day or two.

Call these adverts time bombs - you can plan them to ego off on a particular day of the week. That's powerful advertising, which is what you expect from *The Portugal News* and Call Bella on 707 500 677 for information and suggestions on how you could use these spots to create extra business for you!

BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 Open House; Weather. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Space Pirates. (R) (T) 3.35 CBBC: Small Talk Diaries. (R) (T) 3.50 Elliot Kid. (R) (T) 4.00 Thumb Wrestling Federation: TWF; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 4.10 The Basil Brush Show. (R) (T) 4.35 The Slammer. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, eliminating the poorest players as they go. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Inside Out. Documentary series focusing on stories of interest to the region; (T) BBC News; Regional News. (T)
8.00 EastEnders. Bianca waits nervously for the social worker, who is due to inspect Pat's house. A disturbed Sean stirs up trouble for Gus and Keisha when he's told he must leave the flat and Ben keeps his new pastime a secret from Phil. (T)
8.30 A Question of Sport. Champion jockey Seb Sanders, Olympic gold-medallist sprinter Marlon Devonish, England goalkeeper Robert Green and England international rugby player Nick Easter join team captains Matt Dawson and Phil Tufnell and host Sue Barker in the quick-fire quiz. (T)
9.00 My Family. New series. Ben falls in love with his neighbour's large plasma-screen TV when he takes delivery of it for them. Meanwhile, Michael's current flame may be expecting a smaller but more problematic delivery. Domestic comedy, starring Robert Lindsay and Zoe Wanamaker as harassed parents. (T)
9.30 The Vicar of Dibley. Geraldine rashly agrees to host a radio of Dibley competition on the village's station, leading to an astonishing on-air revelation. Owen offers a running commentary on his daily duties and Alice tries desperately to impress her future father-in-law. (R) (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Live Golf: The Masters. The second day's play at the Augusta National. (T)
12.00 The National Lottery EuroMillions Draw. (T) 12.05 Damages. (R) (T) 12.55 FILM: Up the Front (1972). Wartime comedy, starring Frankie Howerd; (T) Springwatch Weatherview. 2.25 Sign Zone: Dan Cruickshank's Adventures in Architecture. (R) (T) 3.25 Sign Zone: Natural World. (R) (T) 4.15 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 In the Night Garden. (R) (T) 7.30 Mama Mirabelle's Home Movies. (T) 7.45 Tommy Zoom; (R) (T) Take a Bow. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.25 Thumb Wrestling Federation: TWF. (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 8.30 Watch My Chops. (R) (T) 8.45 ChuckleVision. (R) (T) 9.00 The Story of Tracy Beaker. (R) (T) 9.25 The Cramp Twins. (R) (T) 9.40 What's New Scooby-Doo? (R) (T) 10.00 Stupid. (R) (T) 10.25 MySay. (T) 10.30 Schools: The Magic Key. (T) 10.45 The Way Things Work. (T) 11.00 The Way Things Work. (T) 11.15 Tales From Europe. (T) 11.30 Watch. (T) 11.45 Something Special. (T) 12.00 Open Gardens. (R) (T) 12.30 Working Lunch. (T) 1.30 Live Swimming. The World Short Course Championships. (T) 3.00 Murder, She Wrote. (R) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Live Swimming. (T) 8.00 Gardeners' World. Creating an environmentally friendly garden. (T) 9.00 Live Golf: The Masters. Gary Lineker introduces coverage of the second day's play at the Augusta National in Georgia, where the quest for a much-coveted Green Jacket continues. Coverage continues on BBC1. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review. (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.35 FILM: Cosi (1996). Comedy, starring Ben Mendelsohn. (T) 2.10 Star Trek: The Next Generation. (R) (T) 2.55 Star Trek: The Next Generation. (R) (T) 3.40 Arrested Development. (R) (T) 4.00 Arrested Development. (R) (T) 4.25 Arrested Development. (R) (T) 4.45 Close.

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.25 Friends. (R) (T) 9.55 The OC. (R) (T) 10.50 Smallville. (R) (T) 11.45 Science Scams. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 My Eden. (R) (T) 1.40 FILM: The Bravados (1958). Western, starring Gregory Peck. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. Jenny Kleeman investigates the plight of the indigenous Yanomami tribe in Brazil, whose lives and habitat are being endangered by illegal gold mining. (T) 8.00 A Place in the Sun: Home or Away. Highlights from the property search series. (T) 9.00 Dirty Sexy Money. Letitia admits her unfaithfulness to Tripp. (T) 10.00 The Friday Night Project. With guest host Elijah Wood. (T) 11.05 Balls of Steel. (T) 11.55 The Big Bang Theory. (R) (T) 12.20 4Music: JD Set Presents Boy Kill Boy. (T) 12.40 4Music: No Rest for the Wombats. (T) 12.50 4Music: Rockfeedback. (T) 1.15 4Music: 4Play: Foy Vance. (R) (T) 1.30 Afterworld: The Beginning. (T) 1.55 Goalissimo. 2.50 Transworld Sport. (R) (T) 3.45 British Superbikes. (R) 4.40 Headland. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Hana's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 Fireman Sam. (R) (T) 7.00 Roary the Racing Car. (R) (T) 7.15 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerpots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (T) 3.05 five news update. (T) 3.10 FILM: Danielle Steel's Full Circle (1996). Drama, starring Teri Polo. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Animal Rescue Squad. A young seal pup requires urgent attention; (T) 7.30 five news update. (T) 8.00 Storm Chasers. Sean Casey attempts a dangerous tornado intercept. Last in series; (T) 8.00 five news at 9. 9.00 NCIS. Two agents are murdered in an explosion following a set-up. (T) 10.00 Law & Order: Special Victims Unit. An undercover Federal informant is murdered. (R) (T) 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Quiz Call. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Hilary accuses a distraught Viv of using her grandson's memory for profit. Carl assures Donald that he wants nothing to do with Matthew, and Lily and Pearl go speed dating. (T)
7.30 Coronation Street. A surprisingly calm David makes his appearance in court, willing to accept his fate and insisting he is guilty on all counts, but Gail intervenes during the proceedings, determined to have her say. Roy reaches a compromise with Becky over her promiscuity, and Tony asks Jason to deal with the bat problem. (T)
8.00 How Do You Sleep? Tonight. (T)
8.30 Coronation Street. A terrified Jason gets rid of the bats for Tony before the council arrive. The magistrate adjourns David's case for sentencing and Becky finds herself back in Roy's bad books. (T)
9.00 Benidorm. Janice urges Madge not to marry a man she's only known for five minutes and the Oracle's arm-wrestling match provides a chance to settle old scores. Comedy, with Johnny Vegas. (T)
9.30 Teenage Kicks. Vernon makes up for his shortcomings as a father by buying Milly the dog she never had and taking the kids on a caravan holiday in February. Comedy, starring Adrian Edmondson. (T)
10.00 Another Audience with Al Murray. The Pub Landlord hosts his second performance before a studio full of invited celebrities. The comedian is only the fourth performer, along with Dame Edna Everage, Joan Rivers and Ken Dodd, to have been asked back in the show's 27-year history and provides his views on all manner of subjects designed to educate his audience in the British way of life. (R) (T)
11.00 The Late News and Weather; Weather. (T) 11.40 Real Crime: Murder in Mind. Documentary chronicling the series of events that led to the arrest of serial killer Dennis Nilsen in 1983 for the murders of 15 men. Including dramatic reconstructions and an interview with one of Nilsen's intended victims. (R) (T)
12.40 Nightwatch with Steve Scott: Emergency; (T) ITV News Headlines. 1.35 FILM: 3000 Miles to Graceland (2000). Crime comedy, starring Kurt Russell. (T) 3.40 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praga da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 1800
Portugal em Directo 1905 O
Preço Certo 2000 Telesele
2100 Contra 2130 Sabe Mais
que um Miúdo de 10 anos? 2230
Sexta, à Noite 0100 Grande
Noite do Fado 0300 Joan of
Arcadia I, film 0400 Telesele
RTP2
0700 EuroNews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 da Terra
ao Mar 1600 National
Geographic 1700 Zig Zag 1830
A Fé dos Homens 1900 A Alma
e a Gente 1945 zig Zag 2045
Friends 2115 National
Geographic 2200 News 2245
O amor no Alasca 2330
Comunetary Hour 0030 Noties
da 2 0115 Sempre em Pé 0215
Palco 0330 Sociedade Civil 0500
Euronews
SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 Home Alone
II, film 1600 Double Take, film
1800 The Pacifier, film 1900
Ganhar é Que se Gente Se
Entende 2000 News 2115
Chiquititas 2215 Paraíso
Tropical 2315 Vingança 0015
CSI Las Vegas 0030 Miracle,
film 0330 Polhar da Serpente
TVI
0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
Mundialito de Futebol de Praia
1700 Quem Quer Ganha 1745
Morangos com Açúcar - Férias
de Verão 2000 News 2115
Euromilhoes 2130 Ilha dos
Amores 2215 Doce Fugitiva
2330 Tu e Eu 0030 King Ralph,
film

Best of the Rest

BBC3
7.00 Top Gear 8.00 The Real
Hustle 8.30 Doctor Who 9.20
Doctor Who Confidential
10.00 EastEnders 10.30
Young Mums' Mansion 11.30
Family Guy 11.55 Family Guy
12.15 Gavin & Stacey 12.45
Lily Allen's Best Bits 1.45
Young Mums' Mansion 2.40
Gavin & Stacey 3.10 The Real
Hustle 3.40 Lily Allen's Best
Bits 4.40 Close
BBC4
7.00 World News Today 7.00
Weather 7.30 Transatlantic
Sessions 8.00 Sacred Music
9.00 Who Killed Kirsty
MacColl? 10.00 Rather You
than Me 11.00 Proms on Four
1.05 Sacred Music 2.05
Rather You than Me 3.05 Who
Killed Kirsty MacColl? 4.05
Close
ITV2
1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Judge
Judy 7.00 Smallville 8.00
Holiday Homes from Hell 9.00
American Idol 11.00 American
Idol 12.00 Katie & Peter: The
Next Chapter 1.00 Coronation
Street 1.30 Coronation Street
2.00 Keith Lemon's Very
Brilliant World Tour 2.30
Laura, Ben and Him 2.55
Teleshopping 5.55 ITV2
Nightscreen
Sky One
1.00 Cold Case 2.00 Angel
3.00 Stargate SG-1 4.00
Stargate SG-1 5.00 Are You
Smarter Than a 10 Year Old?
6.00 Futurama 6.30 Malcolm
in the Middle 7.00 The

Simpsons 7.30 The Simpsons
8.00 Are You Smarter Than a
10 Year Old? 9.00 Ross Kemp
in Afghanistan 10.00 Film:
The Sitter PG (1991) 11.40
Battlestar Galactica - Razor
1.30 Stargate Atlantis 2.20
Road Wars 3.15 Angel 4.10
Deadwood 5.10 Guilty!
UKTV Gold
1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 Victoria Wood as Seen
on TV 3.00 dinnerladies 3.40
My Family 4.20 Keeping Up
Appearances 5.00 Last of the
Summer Wine 5.40
dinnerladies 6.20 My Family
7.00 New Tricks 8.00 Dancing
with the Stars 9.30 Dancing
with the Stars 10.30 Film:
Grosse Pointe Blank 15
(1997) 12.40 Two Pints of
Lager and a Packet of Crisps
1.20 New Tricks 2.15 Doctor
Who 3.00 Doctor Who 3.45
The Bill 4.35 2point4 Children
5.05 As Time Goes By 5.35
Neighbours
TCM
1.00 Cass Timberlane PG
(1947) 3.00 Gigi PG (1958)
5.05 High Society U (1956)
7.00 The Year of Living
Dangerously PG (1982) 9.00
Plenty 18 (1985) 11.15 Pat
Garrett and Billy the Kid 15
(1973) 1.30 Shaft in Africa 18
(1973) 3.40 The Younger
Brothers U (1949) 5.00 Go
West U (1940)
The Disney Channel
Kids' programmes from Zam,
except: 6.00 Film: High
School Musical Dance-Along
Version U (2006) Teen drama,
starring Zac Efron. 7.45 Film:
High School Musical 2: Play
Your Part U (2007) Comedy
sequel, starring Zac Efron.

MOVIES

Sky Movies Drama

7.00 Loss of Faith PG (1997)
8.45 A Time to Decide PG (2000)
10.25 Rest in Peace, Mrs
Columbo PG (1990) 12.10 A
Time to Decide PG (2000) With
Patty Duke. 1.50 Soul Food 15
(1997) With Vanessa L Williams.
3.50 The Cotton Club 15 (1984)
With Richard Gere. 6.05 In the
Line of Duty: Siege at Marion
PG (1992) With Ed Begley Jr.
7.45 Flashbacks of a Fool
Special 8.00 Casino Royale 12
(2006) With Daniel Craig. 10.30
Bobby 15 (2006) With Laurence
Fishburne. 12.30 Jarhead 15
(2005) With Jake Gyllenhaal.
2.35 Basic Instinct 2 18 (2006)
With Sharon Stone. 4.30 Loss
of Faith PG (1997)

Sky Movies Comedy

6.25 Racing Ace PG (2005)
8.05 Mouse Hunt PG (1997)
9.45 Wallace and Gromit in the
Curse of the Were-Rabbit U
(2005) 11.15 Idiocracy 15 (2006)
With Luke Wilson. 12.45 The
Top 10 Show 1.00 The Devil
Wears Prada PG (2006) With
Meryl Streep. 3.00 Harold &
Kumar Get the Munchies 15
(2005) With John Cho. 4.30
Mouse Hunt PG (1997) With
Nathan Lane. 6.15 The Top 10
Show 6.30 Wallace and Gromit

in The Curse of the Were-Rabbit
U (2005) With Peter Sallis. 8.00
The Devil Wears Prada PG
(2006) With Meryl Streep. 10.00
Idiocracy 15 (2006) With Luke
Wilson. 11.30 Harold & Kumar
Get the Munchies 15 (2005)
With John Cho. 1.05 Chubby
Goes Down Under 18 (1998)
With Roy 'Chubby' Brown. 2.40
How to Be a Player 18 (1997)
With Bill Bellamy. 4.20 Racing
Ace PG (2005)

Sky Movies Action

6.00 The Matador 15 (2005)
7.40 The Art of Murder PG
(1999) 9.20 The Marine 15
(2006) 10.55 Total Film Red
Carpet Event 11.25 10,000 BC
Close Up 11.55 Fall into
Darkness 15 (1996) With
Jonathan Brandis. 1.30 The
Matador 15 (2005) With Pierce
Brosnan. 3.10 Conspiracy
Theory 15 (1997) With Mel
Gibson. 5.35 Tick Tock 18
(2000) With Megan Ward. 7.15
The Marine 15 (2006) With John
Cena. 9.00 Nowhere to Run 15
(1993) With Jean-Claude Van
Damme. 10.40 8mm 18 (1999)
With Nicolas Cage. 12.45
Nighthawks 18 (1981) With
Sylvester Stallone. 2.35 Last
Seduction 11 18 (1997) With
Joan Severance. 4.20 Angel
Flight Down PG (1996)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Live Test Cricket. India v
South Africa. 12.00 Premier
League World 12.30 Premier
League Darts 4.00 Test Cricket
6.00 Big League Weekend 7.00
Premier League Preview 7.30 Live
Super League. Castleford Tigers v
Hull FC (Kick-off 7.30pm). 9.30
Live Friday Fight Night. The
Prizefighter Series. 12.00 Premier
League Preview 12.30 Big League
Weekend 1.30 Friday Fight Night
4.00 Big League Weekend 5.00
Premier League Preview 5.30 World
Sport

Sky Sports 2

6.00 Good Morning Sports Fans
9.00 Snow Adventures 9.30
Premier League World 10.00 The
Rugby Club 11.30 ATP Tennis
12.00 Transworld Sport 1.00 Snow
Adventures 1.30 Netball 4.00 Snow
Adventures 4.30 High Five 5.00
NFL: Total Access 6.00 World
Sport 6.30 High Five 7.00 Tight
Lines 8.00 Test Cricket 10.00 Big
League Weekend 11.00 NFL: Total
Access 12.00 Super League 2.00
Tight Lines 3.00 UEFA Champions
League 3.30 UEFA Champions
League 4.00 UEFA Champions
League 4.30 UEFA Champions
League 5.00 Live Test Cricket.
India v South Africa.

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Snow
Adventures 7.00 WWE: Raw 9.00
Rugby League 11.00 High Five
11.30 Racing News 12.00 Aerobics
Oz Style 12.30 High Five 1.00
NFL: Total Access 2.00 High Five
2.30 The Rugby Club 4.00 Race
World 5.00 WWE: Raw 7.00 British
Ice Hockey 9.30 Premier League

Preview 10.00 WWE: Late Night -
Smackdown 12.00 WWE: Late
Night - Bottom Line 1.00 British Ice
Hockey 3.30 Super League 5.30
Snow Adventures

British Eusport

7.30 WATTS 7.45 Basketball 8.00
Curling 9.30 Swimming 10.00 Live
Swimming. The World Short Course
Championships. 12.15 UEFA
Champions League 1.15 Live
MotoGP. The practice session for
the 125cc Portuguese Grand Prix.
1.45 Live MotoGP. The MotoGP
practice session from Estoril. 3.00
UEFA Champions League 4.00
Swimming 5.00 Eurogals 5.30
Swimming 6.00 Live WTA Tennis.
The Bausch & Lomb
Championships. 7.45 MotoGP 8.45
Live Swimming. The World Short
Course Championships. 9.30
Poker 10.30 Yoz Magazine 11.00
UEFA Cup Football 12.30 Close

Sky Sports Xtra

6.00 Premier League Darts 9.30
Netball 12.00 UEFA Champions
League 12.30 UEFA Champions
League 1.00 UEFA Champions
League 1.30 UEFA Champions
League 2.00 UEFA Champions
League 2.30 UEFA Champions
League 3.00 UEFA Champions
League 4.00 UEFA Champions
League 4.30 UEFA Champions
League 5.00 UEFA Champions
League 5.30 UEFA Champions
League 6.00 Live Davis Cup
Tennis. USA v France. 11.00
Tight Lines 12.00 Snow
Adventures 12.30 High Five 1.00
World Sport 1.30 Premier League
Preview 2.00 Davis Cup Tennis
4.30 High Five 5.00 NFL: Total
Access



Magna Carta

Book shop in Alvor

Piri ñ Piri Star Fish: Portugal Found by Tessa Kirois.
Price 31.50. **10% off** when you quote The Portugal News. Contact 282 496 001

Please see our main advert on the Preview Pages & don't forget to quote **The Portugal News** when responding.

Fi-Line Fashion

Sizes 12 - 22

Sale now on. **25% - 50% discounts**

Contact 282 312 936

Please see our main advert on the Company Finder pages & don't forget to quote **The Portugal News** when responding.

Inacio Alves

Advertising: radio, press and company gifts

5% discount on your order

Contact 289 721 050 or 968 639 468

Please see our main advert on the Clubbing Page & don't forget to quote **The Portugal News** when responding.

BELLA@Shoes 4 kids & mums LAGOS

Winx chilelas only €5 (was €12,50).

Contact: 282 761 155

Please see our main advert on the Algarve pages & don't forget to quote **The Portugal News** when responding.

SHOES & CARDS 4U

The largest children's SHOE collection in The Algarve.

iLELLI KELLY t-shirts NOW available!

FREE GIFT with every pair of eGEOXI & eLELLI

KELLY shoes!! Contact 289 358 014

Please see our main advert on the Parenting Page & don't forget to quote **The Portugal News** when responding.

Geraldes

Landscaping Design, Construction & Maintenance

Free estimates

Contact 913 407 507 or 289 328 255

Please see our main advert on the Gardening Page & don't forget to quote **The Portugal News** when responding.

Gold Silver Jewellery

Buying any condition: Coins, gold, silver, watches & old oil paintings. **Free Valuation.**

Contact: 960 212 008 (10am - 6pm)

Please see our main advert on the Company finder pages & don't forget to quote **The Portugal News** when responding.

World Telecom - Communicate

All your telecom needs in English on one bill.

Gold Pack: €27.49 - Line rental + either 250, 200 or 150 mins calls to fixed lines.

Green Pack: €37.49 - Line rental + 500, 400 or 300 mins calls to fixed lines

Blue Pack: €56.79 - Line Rental + Internet (ADSL or portable) either 250, 200 or 150 mins calls to fixed lines

Red Pack: €66.79 - Line rental + Internet (ADSL or portable) + 250 mins calls to fixed lines from either phone. (This price includes **€10 discount** for 6 months - 24 month contract)

Contact 707 500 600

Sky Realm

Satellite Systems

10% discount

Contact 918 887 775

Please see our main advert on the Lisbon page & don't forget to quote **The Portugal News** when responding.

Auto Rent

15% discount on rentals

Contact 800 212 011

Please see our main advert on the Company Finder Pages & don't forget to quote **The Portugal News** when responding.

M2M Blinds

Made to measure blinds

10% discount on all pleated flyscreen doors ordered during April.

Contact: - 286 518 059 or 932 894 706

Please see our main advert on the Company finder Pages & don't forget to quote **The Portugal News** when responding.

Onefone

The low cost, no frills mobile

Save up to 75% on your mobile phone bills.

From only Å10 a month including 50 free minutes

Onefone - cheap to call from, cheap to call to

Contact 707 500 600

Xpat Care

Special Health Insurance. Full cover with great

savings. **10% off your first premium**

Contact 707 500 028

Please see our main advert on the Health pages & don't forget to quote **The Portugal News** when responding.

Response Alarms

Home security systems

10% discount on all Security Systems

Contact: - 918 987 093

Please see our main advert on the Company finder Pages & don't forget to quote **The Portugal News** when responding.

Standing Ovation

Events, weddings & party Organisers

If you can imagine it - we can organise it

5% off tickets for events organised by standing ovation
Contact 914 599 933

Please see our main advert on the News pages & don't forget to quote **The Portugal News** when responding.

Stay at the Elliott Hotel, Gibraltar

Complete 4 star luxury for **ONLY £115** per night.

offer ends 31/05/2008

Contact 350 70500 or email

elliott@ocallaghanhotels.com

Please see our main advert on the Travel pages & don't forget to quote **The Portugal News** when responding.

Vale do Milho

9 hole par 3 golf course designed by Dave Thomas

15% discount on green fees

Contact 282 358 502

Please see our main advert on the Clubbing page & don't forget to quote **The Portugal News** when responding.

Clínica Dentária Peter Nielsen

Danish Dentist

First Consultation Free

Contact 289 865 530

Please see our main advert on the Health Pages & don't forget to quote **The Portugal News** when responding.

Intasure

Property Insurance that speaks your language

Up to 40% risk related discount

Contact 707 500 025

Please see our main advert on the World View page & don't forget to quote **The Portugal News** when responding.

Q Garden

Garden centre - For all your garden needs

10% discount on any purchases with this voucher

Tel: 282 799 633

Please see our main advert on the gardening page & don't forget to quote **The Portugal News** when responding.

GB Documents agency

10% discount on all your bureaucratic agency fees

Contact: 282 341 888

Mobile: 911 133 803

Please see our main advert on the Company finder pages & don't forget to quote **The Portugal News** when responding.

Factory Outlet

Bedspreads - The linen shop

Poly / cotton sheets **reduced to clear**

Contact 281 457 510 or 968 237 310

Please see our main advert on the Property Services pages & don't forget to quote **The Portugal News** when responding.

BA, from p.1.

Having agreed a multi-million euro deal with British Airways, the GB Airways franchise was terminated, after 40 years of flying to Faro, there were to be no more British flag carrying flights to the Algarve from March, 2008. But that all changed this week, when British Airways announced it had made a return to the south of Portugal, with tariffs ready to rival those advertised by easyJet, Monarch and Ryanair.

Passengers concerned that last October's buy-out of GB Airways by easyJet would see tariffs rise between Faro and London, were handed some good news this week with the revelation that there are now more flights than ever between these two popular destinations.

By this summer, up to 15 scheduled low cost daily flights from London will be landing during the 18 hours the Faro airport is open each day.

The boost in the number of flights comes after British Airways intensified its presence in the Portuguese market, by introducing flights from Faro to Gatwick, the very route that was previously operated by its former franchisee, GB Airways.

This new route offers more opportunity to visit the British capital as well as improving British Airways' services to Portugal, in this case, to southern Portugal. In comments to the press this

week, Jordi Porcel, British Airways CEO for Portugal and Spain, explained: "The fact British Airways is increasing its routes between Portugal and the UK is good news all round", adding "this new route will greatly benefit Portugal's tourism, as it will contribute to increasing the number of British visitors to the Algarve, as well as opening access for the Portuguese to one of Europe's most important financial and cultural capitals".

This new route will mean that there will be a total of 15 scheduled daily flights, per day this summer direct from Faro to London, nine to Gatwick (easyJet, BA and Monarch), three to Luton (EasyJet and Monarch), and three to Stansted, (Easy Jet and Ryanair).

With two daily flights direct from Faro to Gatwick, British Airways' prices will start from €51. A quick quote however reveals that these tariffs will be hard to come by this summer, with return trips between Faro and Gatwick seldom costing under €200.

The takeover deal by easyJet was at the time seen as a move for the airline to further boost its already dominant position at Faro airport, which annually receives more than five million passengers.

The increased dominance of this airline at Faro has also fuelled speculation in recent months that easyJet are set to make the airport one of its 'mini European headquarters', as is the case with a handful of other European destinations.

ALARMS

Response Alarms

Home Security Systems



Our systems will contact you immediately on activation of alarm with no need to pay monthly contract

- All areas covered
 - CCTV
 - Window Grills
 - Wired / Wireless Systems
 - Security Lighting
 - Electronic Gates
 - Maintenance & Service
 - No contract required
- We are using the latest technology in wireless systems
Quick installation and no unsightly wire in your home

Multi Zone wirefree system with telephone autodialler (optional) Interior / Exterior sirens, 10 Zone zone / part arm / Remote Fob / Panic
From €699 inc IVA

Call us now for more details - Security made simple



918 987 093



email: paul.responsealarms@hotmail.com



Security Solutions



• Intruder Alarm Systems • Access Control Systems • CCTV Systems • Safes

• Video Door Entry • Security Lighting • Electronic Gates • Window Grills

"maximum security, minimum fuss"

securitysolutions.algarve@gmail.com

+351 961 111 356

ANTIQUES

• NEW • NEW • NEW • NEW • NEW • NEW • NEW • NEW •

ANTIQUES

Fred Peeters - Dutch Antiques Dealer

- Largest Collection of European Antiques in the Algarve
400m2 showroom
- We buy and sell quality antiques •
- OPEN ONLY Sat & Sun
10.30 - 17.00 inc. lunch hour
or by appointment

Tel • 282 338 602

Quinta das Cortes, 316 • EN 124 Grelheira • S.B. Messines

GOLD SILVER JEWELLERY

BUYING ANY CONDITION



Coins • Watches in gold & silver • Old oil paintings

TOP PRICES PAID

English & Portuguese spoken

TM: 960 212 008 from 10am - 6pm

BATHROOMS

IBERIA BATHROOMS

BATHROOM REFURBISHMENT SPECIALISTS

- FULL/PART REFURBISHMENTS
- WALK IN SHOWERS
- TOTAL WET ROOMS/AREAS

FOR A SURVEY/QUOTE PLEASE CALL
282 695675

OR EMAIL SALES@IBERIABATHROOMS.COM

WWW.IBERIABATHROOMS.COM

Luxurious Bathrooms

Professional renovations
Come and visit our large showroom

Albufeira - Silves - Lagos
Established 1985
Tel: 966 521 828
luxuriousbathrooms@sapo.pt

BLINDS

M2M BLINDS

see how we measure up

- ♦ Made to measure Vertical & Roller blind specialist
- ♦ All other types of window blind available
- ♦ Choose from our extensive range of fabrics including Solar reflective & Blackout
- ♦ Covering the whole of the Algarve, and Portugal
- ♦ Free measuring & fitting
- ♦ Domestic & commercial applications
- ♦ All products carry a 12 month guarantee

M2M BLINDS - We come to you
Phone now for a free no obligation quotation
Contact Denny on 286 518 059 or 932 894 709
m2mblinds@hotmail.com

BOOKS

ALGARVE BOOK CELLAR

Edifício "O Galeão" Loja 1
Rua dos Pescadores
8400-512 CARVOEIRO LAGOA

English Language Book Exchange
Refunds on return
New books to order
Audio Books
C.D.'s Cards
Videos

Tel 282 085 713
Fax 282 085 714

Tue - Fri 9.30 - 5.00 Sat: 9.30am - 2.00pm
raymond.compton@netvisao.pt

BUREAUCRACY

CM SERVICE CENTER

Problems with administration, documents, etc?

We can help you!
Accountancy, IRS, IVA, residência, driving license, car importation, registrations, etc...

cm@netvisao.pt | open Monday to Friday 9.30am to 5pm
Rua Dr. Francisco Sá Carneiro | Lote 23 | 8600 Lagos
Tel: 282 085 074 | Fax: 282 086 446 | Mob: 919 824 370

is in Port Documents Agency

Agência de Documentos

We handle all your documentation!
Residence Cards • Driving Licences • Fiscal Numbers
Vehicle Registration • Foreign Vehicle Registration
and other matters... LAGOA - Next to Financas

Don't Waste any more time in queues
Tel: (DAYS) 282 341 888 (EVES) 282 356 083
Mob: (+351) 911 133 803 | (+351) 918 987 093
gb-i.s.inport@hotmail.com

Euro Business Center

Secretariado e Fotocópias

All Business Services,
Administration, Translations & Contracts

Personal & Car Documents
Bureaucratic Assistance in Government Offices

Your Office in the Centre of Almonacid!
Tel: 289 399 642
www.eurobusinesscenter.net

BUSINESS OPPORTUNITIES

Langley food at its best

THE LANGLEY SPIT

(HOG) ROAST MACHINE

Tel: 912 501 752 - www.langleycc.com
email: thelangley@hotmail.com

BUTCHERS

THE ENGLISH BUTCHER

- * English Sausages
- * Bacon & cuts of meat
- * Other South African Products
- * T-Bones
- * South African Sausages (wors)
- * Ham off the bone

THE ENGLISH BUTCHER
Rua da República, 14
8135 ALMANCIL

Tel: 289 395 859
Res: 289 397 289
Mob: 965 864 682

Blue Rock BUTCHERS

NATURALLY REARED BEEF
FREE RANGE
MEAT AND
POULTRY

SOUTH AFRICAN SPECIALITIES
SMOKED PRODUCTS
BOEREWORS
BILTONG

TALHO
TEL : 282 356 005

CAR RENTAL

15% discount

Algarve Car Hire

Quality service at competitive prices!

AUTO RENT

Covering all the Algarve!!
Faro Airport Service!!

Faro Airport: 965 656 765
Vilamoura: Marina Plaza - 289 302 162
Praia da Rocha: Av. Tomás Cabreira - 282 417 171
RESERVATIONS: Freecall: 800 212 011
www.autorent.pt E-mail: reservations@autorent.pt

CARPENTERS

THE WOODENTOPS CARPENTRY WORKSHOP



30 Years + Experience in the Algarve

Our qualified joiners and cabinet makers provide a bespoke service making anything in wood



Furniture Restoration • Custom Made Kitchens • Display Units & Shelving
All Bedroom Furniture • Tables for all Occasions • Wooden Houses
Windows & Doors • Pergolas & Decking • Wooden Kennels • Building Services
New Builds & Restorations • Maintenance & Repairs • Electrics & Plumbing

Tel. 289 396 909 Tlm. 966 001 922 / 939 397 803
Vale Formoso, Almancil. Email: theworkshop@sapo.pt

COMPUTERS

ALGARVE LAPTOPS

THE SAME TECHNOLOGY FROM
A DIFFERENT PERSPECTIVE

Imported English Laptops
(with UK keyboard and operating system)

Help with establishing internet connections & wireless
Quick fixing of hardware/software related problems
Exceptional customer service & fantastic prices
Open six days a week from 10am until 7pm
Plain easy to understand language

A REFRESHING APPROACH TO I.T.



T: 282 312 044 • M: 913 087 160 • www.algarvelaptops.com

email bella@the-news.net

EDUCATION

www.clcc.pt



CLCC

Centre for languages,
culture and communication

PORTUGUESE
YOGA, TAI CHI
IT-STUDIES
TRANSLATIONS

Portimão -
Jardim Gil Eanes
Tel: 282 430 250
e-mail: geral@clcc.pt



Centro de Línguas de Lagos

- Enjoyable, conversation-based Portuguese beginners course starting 7 April
- Individual lessons and evening classes available
- English, German, French and Spanish courses
- Recognised by the Ministry of Education

Tel: (+351) 282 761 070 | Fax: (+351) 282 761 070
email: centro.de.linguas@mail.telepac.pt | www.centrodelinguas.com
Rua Dr Joaquim Tello, nº 32, 1º esq, 8600-583 Lagos

EMBROIDERY

Textiles

Design

Portu Promo

Embroidery

Personalise your gifts!
We embroider your favourite fabrics with endless designs!
www.portupromo.com info@portupromo.com
Tel 968 110 445 or 968 109 334

www.the-news.net

FASHIONS

Fi-Line
Fashions

**New Spring
stock now in
Winter sale still on**

Sizes 12 - 22 available

Open Monday to Friday 10am to 1pm and 3pm to 6pm,
Saturday 10am to 1pm. Call Fiona for more information
on 282 312 936. Located on Av do Rio, Ed. Almadra, Loja
B, Armção de Pêra (Opposite the football ground)

direct

gard
deur

High quality clothing

**One of the largest selections of
gardeur ladies clothing in
Europe, at unbeatable prices.**
Sizes 8 - 22.
Mens shorts and trousers.



Spring Collection now on sale

Weekly deliveries and ongoing promotions



BIRKENSTOCK
Made in Germany • Tradition seit 1774

shoes for men
and women

Monday - Friday: 10h00 - 18h00
Saturdays: 10h00 - 14h00

Rua Direita, Praia da Luz (parking available behind the Store on
Rua do Ramalhe) Call 282 788 630 or www.gardeurdirect.com

FLYSCREEN RANGE

10% discount on all pleated flyscreen doors ordered during April



ALL NEW FLYSCREEN RANGE AVAILABLE

- ◆ Many Different Flyscreen Types
- ◆ Vertical and Horizontal Operation
- ◆ Flat and Pleated Screens
- ◆ Many Colours of Aluminium to Choose From
- ◆ Choose at Home • We Come to You
- ◆ 12 Months Guarantee
- ◆ Phone Now for a Free No Obligation Quotation

M2M BLINDS

Contact Denny on 286 518 059 or 932
894 709 or m2mblinds@hotmail.com

To place a company
finder ad, call bella on
707 500 677

FURNITURE & FURNISHINGS

Angela Marshall
Interiors

*Transform your vision of
perfection into a stylish reality*



Soft furnishings
Curtains & all types of blinds
Upholstery & loose covers
Sea and sun damage
All types of fabrics available

Located: EN125, Vale dos Coitos Telf. 282 798 419
Odi-xere, Lagos Fax. 282 767 009
E-mail: Amashall@sapo.pt Mob. 969 380 917
Visit: www.angela-marshallinteriors.com 916 130 236

Algarve



Curtains

Curtains, Cushions, Bedcovers Made-to-Measure
Tracks & Poles Supplied and Fitted, Foam Cut to Size

Domestic & contract work undertaken

Tel: 282 493 238

Tm: 964 677 699

Rua Infante D'Henriques Nº 42, Ferragudo, 8400 Lagoa



**THE KING IS
BACK!!!**

BACK WITH A BANG!!
FEAST AT THE KING'S TABLE
WITH PRICES LIKE
THESE!!

Curtain Lining only €2.99!!
Curtain Fabrics from €1-€5 euro per metre!!
1000,s metres in stock!

More arriving November!! Same great prices!!
Don't miss it....buy now!!

WE ALSO ... Measure, make and fit all poles
and curtains!

REPEAT!! No stock fabrics are over
€5 per metre!



Loja 2 • Centro Comercial • Estrada do Farol • Carvoeiro
8400-505 Lagoa • Algarve • Tel: 962531376
Open 10 am - 1pm Mon...Fri

MAKE THE KING YOUR FIRST CALL!!

GAMES**GAMES ROOM EQUIPMENT**

POOL TABLES - from €950
 ENGLISH SNOOKER TABLES - from €2850
 PING PONG TABLES - €345, €445 & €545
 AIR HOCKEY TABLES - €675
 FOOTBALL TABLES - €425

All including IVA, Free delivery,
 Free assembly & Free accessory pack

FAMILY TRAMPOLINES - FROM €525

ALSO: COIN-OPERATED POOL TABLES &
 ARCADE MACHINES SITED IN BARS AT
 NO COST WITH ALL MONIES SPLIT

Call : 912 264 905
 : 917 846 242
 Web : www.fjnorth.net

POOL, SNOOKER, PING PONG, FOOTBALL, BAR BILLIARDS,
 AIR HOCKEY AND PINBALL TABLES, ARCADE MACHINES,
 COCKTAIL CABINETS, DART BOARDS, CABINETS AND
 OCHES, PLUS ALL ACCESSORIES, REPAIRS AND SERVICING.

GARDENING

**HARVEYS
 OF
 LOULÉ**

Garden Construction • Garden & Pool
 Maintenance • Home
 Renovations • Repairs and Painting

Apt 3, Loulé 8100 - 606
 Phone/Fax 289 412 462
 email: harvcor@sapo.pt
 Mobile: 916 048 671



JARDINLÂNDIA
 Construção e Manutenção de Jardins e Piscinas

**WE PROVIDE ALL SERVICES FOR GARDENS
 AND SWIMMING POOL MAINTENANCE**

- Landscaping
- Irrigation systems
- Palm trimming
- Redevelopment of gardens
- Garden maintenance
- Land clearing
- Swimming pool maintenance

**WE ARE BASED IN FARO AND OPERATE
 MAINLY IN THE ALGARVE**

Urb. Horta do Ferragial Lt. 10 R/c Esq. • 8000-543 Faro
 Tel/Fax. 289 813 510 • Mobile 969 096 727
 Email: geral@jardinlandia.pt • www.jardinlandia.pt

HEALTH & BEAUTY

CLÍNICA DENTÁRIA
Drª Cristina Fernandes

Médica - Dentista - U.P.

HEALOZONE

The new method to heal your tooth decay
 Dental Surgeon
 English Spoken
R. João Menezes Nº8 R/C
near the old slaughterhouse
8400 Lagoa
 Tel: 282 34 29 20

Hypnotherapy

Janet Massey D.C.H. MBSC

A Member of the British Society of Clinical Hypnotherapy.

Stop smoking Weight control Stress
 Phobias Panic attacks Anger



Relaxed non-clinical atmosphere
 Confidentiality guaranteed
 289 417 735 or 968 233 917
www.janetmassey.co.uk

HEATING & COOLING

Barlavento
REFRIGERAÇÃO
Air Conditioning?
Agent for Calorex pool
 heating, pool covers, solar hot
 water, home heating systems

Air conditioning systems by:
SHARP Haier

15 years serving the Algarve
 Tel 917 230 727 Paul Kent
paulkent.aircon@hotmail.com

DOMUS
ELECTRIC FLOOR HEATING
 IDEAL heating system for the Portuguese climate
DEVI Heating Systems
www.domus-heating.com Tel: 289 322 852
 E-mail: domusheating@mac.com
 EN-125 Sítio Benfarras, No. 552-a, Boliqueime

SACL

Air conditioning & heating units
 Central Heating
 Swimming pool heating
 Automatic pool covers
 Solar hot water heating systems
 Dehumidifiers
 Jacuzzis

Vale de Lousas • EN 125 • Alcantarilha
 Tel 282 314190 / 322 172 • Fax 282 314 191
 email: sacl@mail.telepac.pt

MC
Mister Cool
 this winter

- Air conditioning
- Refrigeration
- Solar panels
- Maintenance
- Pool construction, heating & covers
- Automatic pool covers
- Central vacuuming

Air conditioning by:
Roca YORK
SHARP
FUJITSU GENERAL
daitsu **Haier**

Solar panels
MEGASUN
SONENKRAFT
Solahart

Open Saturday morning Telmo Rodrigues
 Rua Mouzinho de Albuquerque
 - Lagoa Residence 2 - Loja 3
 8400 LAGOA - Algarve * Tel/Fax 282 381 364
 Email: mistercool_telmorodrigues@hotmail.com

**We're in the business of
 keeping YOU in business**

Fires of Portugal

Setting the Algarve Alight

Importers of the best in WOODBURNING and GAS FIRES

Prompt quotations and advice on site. Servicing and Repairs.
 Building works. Part exchange considered. Reconditioned
 second hand fires available.

Chimney Sweeping across the Algarve from only €40



TEL: 289 489 958 / 967 721 209

E-mail: carolinsalir@mail.telepac.pt

To place a company finder ad call 707 500 677

KITCHENS

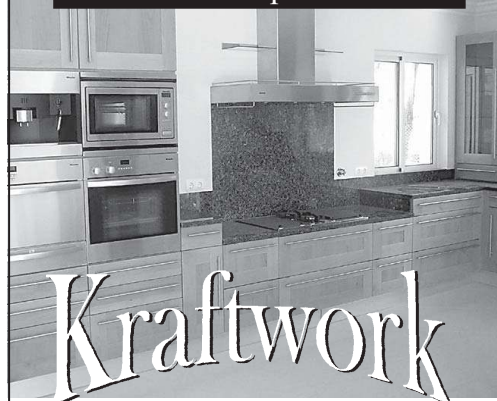
15 years experience and a total
 commitment to quality and reliability.



Visit our spacious kitchen studio in
 Lagoa opposite the Fatacil fairgrounds

Elite
 Kitchens

Iberelite Lda • Parque Empresarial do
 Algarve, Nº 11 • LAGOA
 Tel: 282 353 664 • Fax 282 343 258
 Email: iberelite@sapo.pt

kitchens and bespoke furniture

Kraftwork

We challenge you to find this quality at this price!

EN125 Pórcos Armção de Pera
 Kraftwork Socopórcos Visit our showrooms
 Rua Direita 32 Pórcos
 Tel/Fax 282 343752 • 912 511357
 email: kraftwork@sapo.pt
www.kraftwork-kitchens.com

LAWYERS

Ana Luisa Duarte

**ADVOGADA
 LAWYER
 RECHTSANWALT**



Rua Francisco Xavier Ataíde de Oliveira, 33-A
 8600-775 Lagos - Portugal
 Tel. +351 282 792 766 - Fax. +351 282 764 002
 E-mail: anaduarteadv@hotmail.com

www.the-news.net

POOLS



www.autoheat.com
autoheat@mail.telepac.pt
 Tel: 282 322502



Titanium swimming pool heat pumps

5 year warranty on heat exchanger

3 x 3 spa € 1650 + installation + IVA
 8 x 4 pool € 2700 + installation + IVA
 10 x 5 pool € 3250 + installation + IVA
 12 x 6 pool € 3800 + installation + IVA



POOL HEATING

Air Energy Heaters - The leader in economical pool heating

- ♦ Digital Control
- ♦ Titanium Heat Exchanger
- ♦ High Performance - low power consumption
- ♦ Est. Over 20 years

SAFETY FENCING - KEEP KIDS SAFE



- ♦ Easy for Adults - Safe for Kids
- ♦ Your child is safe even while you swim
- ♦ Can be completely removed or replaced within 2 mins.
- ♦ Developed over 30 years ago
- ♦ 99% transparent 'Securtext' mesh
- ♦ Helps prevent debris from reaching the pool
- ♦ Weather resistant ♦ Professionally installed

PURE POOLS PISCINAS PURAS LDA

Tel: 282 760 033 • 919 517 868 • Fax 282 760 034
purepools@yahoo.com • www.purepools.com



AQUA PURA LDA
POOL COVERS
 NOW AVAILABLE: COVREX - the World's Strongest Automatic Pool Cover.
 also manufacturer of manual solar pool covers
Try working with the Professionals!

Tel: 282 763 605 • Fax: 282 782 219 • Tlm: 96 7025 157
info@aquapura.com.pt • www.aquapura.com.pt

PROPERTY SERVICES

Norman Groundworks

For garden planning and construction.

Construction of terraces, patios, paths, driveways, access roads, pergolas, shade areas, ponds, lakes, water features, installation of hedging, fencing, land cleared. For quotation call Norman now on 282 332 899 or 963 134 129



OZ THE COOLEST WAY TO SHADE!
WWW.OZ-SHADE.COM
 TEL: 282 968 322 T/M: 914 950 111 info@oz-shade.com
 OR VISIT US ON THE EN 125 NEAR LAGOS, RIGHT NEXT TO THE ACCESS ROUNDABOUT TO JUNCTION 3 OF THE A22.

Fence your property
 * Tennis Court re-fencing
 * Steelwork
 * Perimeter fencing
 * And more ...
Your request is our priority!
 Free quotations or work samples by email
kockfencing@sapo.pt
 Call 282 338 694, 938 515 589, 932 868 804, 933 883 040 for more information.

REMOVALS & STORAGE

NEIL & EMILY RICHARDSON
 * Removals & Transport * Packing Service & Storage * Local, National & U.K.
 With 20 years experience
 We offer the Personal Touch
 Mobile 939 486 870, Tel: 281 963 191
neilandem@sapo.pt
 Members of British Portuguese Chamber of Commerce

P P S Transport

A Portuguese / British registered company.
 Regular removals & delivery service to UK, Spain, France and Holland.



Fast reliable service at competitive rates
 Public & trade enquiries welcome
 We also transport vehicles
 UK Tel.: 0044 1427 810 694
 UK Mobile 07791 909 057
www.ppstransport.com

REMOVALS & STORAGE

- * Local, National & European Removals
- * Scheduled Route - Portugal-UK-Portugal
- * International Shipping
- * Storage * Packing
- * Long established & professional service

New Concept International
 Armazem 3, Sítio do Além, Almancil.
 Tel.: (00351) 289 395 105
 UK: 08 450 046 827 Mobile: 968 031 955
d.wright@mail.telepac.pt www.newconceptint.com

GFS Metalworks

- Specialists in Secure Ornamental Metalworks
 - All general steel fabrication
 - For a Free Quote, Design Service
- Call Roger 933 402 261
 Call Andrew 933 555 387
 Office: 282 449 270

www.gfs-metalworks.com
info@gfs-metalworks.com

Stone Care Services

Specialists in the Refurbishment and Maintenance of Natural Stone

TERRAZZO	♦ Entrance Halls
MARBLE	♦ Kitchens - Floors
TERRACOTTA	& Surfaces
LIMESTONE	♦ Bathrooms
CERAMICS	♦ Patios
GRANITE	♦ QUARRY TILES

Have your shiny stone surfaces become dull and lacklustre?
 Let us restore them to reflect their true colour and natural beauty.
Tim Stamp - 282 991 045 or 919 498 258

AIM Removals & Storage

On-site secure storage
 Local, National, UK and European removals
 International shipping • Professional packing service
 Call into our office or visit us at www.aim.com.pt

Parque Ind. do Infante • Unit 8 • EN 125 • Torre • Odixere
 Tel: 282 799 141 • Fax: 282 799 146
 Email: info@aim.com.pt

Weekly removals service to and from the Algarve

With full packing & storage facility in the UK & Algarve, from 1 box to full or part load shipments.
 Transportation of cars, boats & motorbikes. Local removals and deliveries within the Algarve. Guarantee your peace of mind & safety of goods
 The General, Main Road, Boreham, Chelmsford, Essex CM3 3HJ
 UK - Tel: 0044 (0) 1245 468888 • Mob: 0044 (0) 7711 179842
 Algarve: Tel: 289 513 851 • Mob: 969 134 801
sales@algarveremovals.com
 Web: www.algarveremovals.com



SATELLITE TV

S.O.S. SKY DIGITAL

English TV

satellite TV systems

FROM €499

FULL QUALITY SYSTEMS
all **ITV** channels, all **BBC** channels,
channels 4 & 5, kids channels guaranteed,
music & radio channels, including True
Movies, Sky3, Film 4 and many more
No monthly or annual fees

Now also available

Full Sky packages no UK address needed
also available larger aluminium dishes on request

All new equipment including LNB, larger
Dish for better quality and signal,
official Sky Box

INSTALLATION INCLUDED • NO HIDDEN CHARGES

Christopher Whitman
916 378 722 www.soskydigital.com
soskydigital@msn.com

NEW! NEW! NEW! NEW! NEW!

HOLIDAY HOME SATELLITE SYSTEM USING THE LATEST SKY MULTICAM DIGIBOX

This Unique Sky satellite digibox, allows you to receive all the hundreds of free to air channels such as BBC, ITV, Etc. without paying any subscription but if you are already a Sky television subscriber and you commute back and forth to Portugal, all you would have to do is take your Sky viewing card out of its original Sky digibox in the UK and put it into the card slot of the new Sky multicam digibox in your holiday home to view whatever Sky viewing package you subscribe to, this also includes the Sky premium channels such as Sky movies and Sky sports. Plus if you take advantage of Skys multiroom package and get a second Sky card for an extra 10.00 per month, you have the option of your Sky package being viewed in the UK and Portugal simultaneously. Also with use of a memory stick with this digibox you can record, live pause and playback all of your favorite channels (no need for a DVD or Video recorder).

PLEASE NOTE: THESE FUNCTIONS ARE ONLY AVAILABLE WITH THE NEW SKY MULTICAM RECEIVERS AND NOT WITH ANY OTHER TYPES OF SKY DIGIBOX.

COMPLETE 1.4m SATELLITE SYSTEM FULLY INSTALLED AND GUARANTEED €599

For total peace of mind, Why not pay us a visit,
Check out who you are dealing with, Check out our premises,
Check out the picture quality at our showroom.

TRADE SUPPLIES

Digital Satellite Systems also supply a complete range of satellite equipment to the trade throughout the Algarve direct from our warehouse in Albufeira. We supply the new HD digiboxes, Sky digiboxes, Freeview digiboxes, All satellite dish sizes, LNBs, Sky cards, RTE Irish cards, Digitalb football viewing cards, Football systems, Multiswitches, Cable Etc.

Digital Satellite Systems Shop 2c
Underneath Kiss Apartments
Rua Vasco da Gama • Areias S. João
Near the strip next to Kiss Disco, Albufeira
Showroom open Mon-Fri 9.00am-2.00pm
Tel: 289 542 534 Fax 289 543 226 Email digsat@hotmail.com

SERVICES OFFERED

The service that
builds *your* business

with FREE listings



directory
enquiries
in English

760 50 60 70

Is your business listed?
dq is the English language
directory enquiries service from
World Broker Telecom and *The Portugal News*. dq helps people
find the business and service they
are looking for, in their own
language.

But, is *your company* listed? Do
we have full details of the services
you offer and the numbers you want
your customers to use (including
mobile numbers). It's easy to
check, just call 760 50 60 70 and
ask to verify your business listing.

Remember, your business is not
always easy to find as PT lists your
company name, not your trading
name, which may not be the same.

Don't miss valuable business
enquiries - call today

Skynet

TELECOMMUNICATIONS & AUDIO

"The Latest equipments at the lowest prices"

All Satellites TV (English, German, Spanish, Dutch, French, Italian, Arabic, Russian TV...)
Digiboxes (SD, Sky+, HD, MultiCAM, PCMCIA, New FreeView digiboxes)
Multi Cards & Much more
All **BBC** & **ITV** + News + Movies + Sports + Music
+ Kids + Many others + Radio **FREE**
Get 300 TV channels & 200 Radio stations **FREE**
AERIALS TV (Portuguese channels **FREE**)
CABLE TV (Knowledge + News + Music + Kids
+ Movies + Series + Adult + Video-on-Demand)
VCR, DVD, INTERNET (Broadband)
AUDIO (Hi-Fi, Background sound, Home cinema)
ELECTRONICS (Surveillance Cameras, CCTV)
High-quality systems installed by qualified engineers
Installations and technical support within 24hrs
(Work and Equipment have 3 years Guarantee)
Tel: 964890260 Email: skynet@live.com.pt

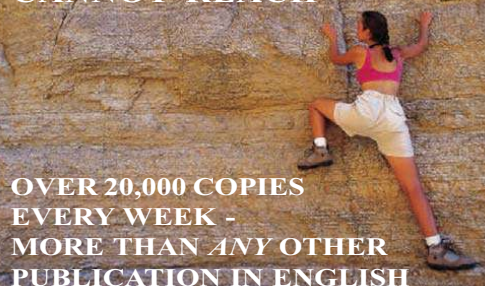
MAS

Digital Satellite & Television Installation and Maintenance

Cutting Edge of Viewing Technology
Portimão • Alcantil • Tavira
Specialists in SKY+ and HD installations

Also available: email: marksmith@mas-satellite.tv
Sky Digiboxes, Freeview Boxes or mas.sats@hotmail.com
and SKY Cards 100 Rua do Calvário
Magic eyes for multi-room watching 8135 -123 Alcantil
Extra Remotes Tel: 916 131 606
Call out & maintenance service Fax: 289 399 294
www.mas-satellite.tv

THE PORTUGAL NEWS
REACHES THE PARTS
OTHER PUBLICATIONS
CANNOT REACH



OVER 20,000 COPIES
EVERY WEEK -
MORE THAN ANY OTHER
PUBLICATION IN ENGLISH

THE PORTUGAL
News

The 6th largest
weekly newspaper
in Portugal, in
ANY language!

TEL 707 500 677

Join the comfort
zone - advertise
in The Portugal
News

Call Bella today on 707 500 677

WINDOWS

David St. Ford
Family Business with over 30 years experience!

UPVC:
Windows &
doors in
white,
woodgrain &
colours



Aluminium
Windows &
Doors
Shutters
(Roller / Louvre)
Flyscreens
Conservatories

Tel: 282 697 730 Mob: 968 287 146
e-mail: davidstford@hotmail.com

Sky Realm

Portugals Official Sky installers!

DON'T LOSE YOUR VIEWING AT NIGHT!

We offer the latest equipment at the best prices!

Why settle for second best???

SKY+ and H.D. Specialists.

Our engineers are Sky UK trained

We correct all problems on other companies' work!

Receive all BBC, ITV,
News, Radio
+ much more FREE!

Full installations from
ONLY €395

ALL AREAS COVERED
Trade enquiries welcome



91 888 7775



Email: skyrealm@hotmail.co.uk

We're in the business of
keeping YOU in business



WHERE TO WORSHIP

Lisbon

IGREJA DO CORPO SANTO, LISBON

Largo do Corpo Santo, Catholic Services in English, Mass each Sunday and Holyday at 11.00am Tel. 21 467 3771

IGREJA DA SRA. DOS NAVEGANTES, CASCAIS Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

OCEAN CHRISTIAN COMMUNITY - An International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Sábio, Rua Belmonte, No. 1, Estoril. For more information contact us on 21 9282019

INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folgado, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Momoh

BAPTIST MISSION - Esqueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel. 965-363-986

GREATER GRACE WORLD OUTREACH has Live (and archived) upbeat and inspiring Worship Services available for free viewing through their website www.ggwo.org - the site also gives contact info for their ministries in northern and southern Portugal. Check it out and be blessed

RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1do, Fontainhas, 2750-314 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N° 80, Quinta do Junheiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring and culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9:00am in Portuguese and 11:00am in English. Crèche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm - all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 819 086 683 God Bless! **CHAPEL OF ST. PIUS: PRIORADOS, PIO X**, Estrada de Chelas, 31, 1900 Lisboa. Tel. (21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel. 21.4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. Tel. 21.4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arraiga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrewslisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, N° 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30

An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

IGREJA DE CRISTO (CRISTÁ) Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel. 21 2461596).

LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel 21 385 8604 Fax 21 388 4304 e-mail: celesboa@mail.telepac.pt

Bahá'í Faith - Av. Ventura Terra, n° 1, Lisboa, Telef.: 217590474, E-mail: gae@bahai.pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15/Portuguese 12:00 Prayer and Bible Study: Thursday 8 PM Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76, Sintra. (Behind Sintra train station). Sunday 3pm. Tel: 214 690 600. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua da Barroca, 122 (Bairro Alto), Lisbon. Saturday 6.30pm. Tel: 213 421 604. No collection.

The Algarve

CHURCH OF ENGLAND SERVICES St. Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion. 9.30 every Sunday. Info Rosie Baden-Powell 289 328302; St. Luke's, Monte da Palhaqueira, Górges. (Nr. Sta. Barbara) Holy Communion 11.30 a.m. every Sunday. Info Maxine Sivasava 917 267 948; Luz Senora da Luz Holy Communion. 12.00 every Sunday. Plus Children's Rainbow Club. Info: Joyce Daffey 282 788104.

ALL SAINTS ANGLICAN CHURCH, ALGARVE - Contemporary, Evangelical worship. Every Sunday Holy Communion with Crèche and Adventurers. 10.30 am Community Centre, Almoncil (ASCA - Associação Social e Cultural de Almoncil). Details from 282 380311 or 282 101018 or see our website www.allsaintsalgarve.org. Also every Sunday Lagoa Convent Chapel 6.00 pm Evening Service (Details on our web site).

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos.

Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am. at St. Lourenço Church - Almoncil - 6.30pm. at Four Seasons Country Club - Quinta do Lago - Almoncil. Further information, please contact the International Catholic Community of Almoncil (Griselda Neto on 966168120 or Vitor on vgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays: 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipraia Shopping Centre near the church. Tel 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@lhbv.pt

CHURCH IN ALJEZUR/VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho), Tel. 282-086804 or 282-697546.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamouro entrance & the Atlântico Waterside Park. Services in English, creche and Sunday School. For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru pre-teen. Service every Sunday 11am to 12.30 pm. Portuguese translation available. Address: EN125 - Vale de Lousas, Alcantarilha. Next to Auto Heat, SACI & Centro de Lareiras. Pastor Alípio Amaral Tel. 282 381347. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

RESGATE DE VIDA, LAGOS APOSTOLIC MULTI-CULTURAL FELLOWSHIP Raising up a New Generation According to, Eph 4 v 11-12 Prophetic Worship, and a Holy Spirit Inspired Word. We invite you to come and drink of the New Wine - English & Portuguese speaking Transla-

tions Children Welcome. Meeting on Sundays 7pm - 9pm Wednesdays 8pm - 9.30 pm At Rua, Hospital S. João De Dues. 300mt North of the traffic lights at the Intermarche Supermarket on the left next to the video shop. English tel. Michael & Yoka 282782845 Portugues tel Ana 934241766 email finlan@sapo.pt

ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Bras de Alportel

EREV SHABAT - For services Tel: 282 416710

JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Emgembouro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. Tel: 282 332 813. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 1pm. Tel: 282 442 279. No collection.

Oporto

ENGLISH SERVICES IN OPORTO—GREATER GRACE now has contemporary worship in Porto as of 11/18! Featuring uplifting music and insightful Biblical teaching, our meetings take place in the Sala Grande at Hotel Peninsular, Rua Sá da Bandeira, 21 (behind the McDonald's in the Praça de Liberdade) while we continue our search for a permanent location. Service time is 16h (other service times are being considered for 2008). More information is available on www.nova.aurora.com, by email to nova.aurora@clix.pt or by calling 91 711 2736. We are also looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived services, can be seen at www.ggwo.org.

RIVERSIDE PORTO INTERNATIONAL CHURCH—Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. contact@riversideporto.com web site www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoport.com

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Soudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'). All welcome.

Upward Glance



with Joyce Voelker

Foreigners

This morning I spent some time alone with God, reading Hebrews 11:8-16, and asking Him to make it real and alive in my life. It was not difficult to relate to these verses about living as a foreigner. Here in Portugal, I too am a foreigner like many of you reading this English newspaper. When we moved here seven years ago it took some time to adapt to hanging our undergarments outside on the clothesline where all the neighbors could see them. Many of the foods I enjoyed eating cannot be found here and I also had to adjust to a different schedule for eating out since most restaurants are not serving dinner yet at 5:00 or 6:00 p.m. The Portuguese surely must have thought I was from another planet when they watched me eat with utensils in only one hand, or eating a sandwich or pastry without a napkin wrapped around it. Without a doubt they think it strange that I want ice in my coke and that I eat ice cream in the winter.

One afternoon, shortly after moving here, a new friend shared with me in broken English the story of her sad and poor upbringing here as an African immigrant. Wanting me to understand, she declared emphatically, "I grew up in a wooden house." So did I, I thought. I did not comprehend the concept of the *bairro* or slum she was describing since houses in my country are not built from cement and tile. Though I enjoy living in Lisbon, I still sometimes miss living in a house made of wood...

...a single family house with a yard that is all mine, a front and back door and no roosters, chickens or dogs to wake me at all hours.

Without a doubt, the most difficult aspect of living as a foreigner here is the language. Ever have an almost overwhelming urge to explain how a language can function very well without words needing to have gender? And why must Portuguese verbs have so many tenses? Here in Portugal, if just one word escapes from my mouth, even if I am speaking Portuguese, everyone knows that Portugal is not the land of my birth.

The writer of Hebrews applauds Abraham's outlook as a foreigner. He is commended for viewing his earthly "home" and "city" as simply a temporary dwelling.

"Abraham was confidently looking forward to a city with eternal foundations, a city designed and built by God." Hebrews 11: 10

My husband and I live in Portugal by choice and have come to enjoy life here. As believers, though, no matter where one resides, we are called to remember that heaven is our true home. God is preparing a mansion there for each of those who, by faith, have been adopted into His family. (See Hebrews 11:15-16 & John 14:2-3)

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page

Join us for our Sunday Services in Almoncil and Lagoa



For directions, call 282 380 311 any time

SERVICE OF HOLY COMMUNION
10.30am • Community Centre • ALMONCIL
(ASCA - Associação Social e Cultural de Almoncil)



1662
EVENSONG
6pm
Convento de S. José
LAGOA

ANGLICAN CHURCH
PRIEST-IN-CHARGE: Rev'd Eric Britt
Tel: 282 380 311

info@allsaintsalgarve.org • www.allsaintsalgarve.org

Friends & Family Activity Week at Quinta Arco-Iris

Would you like to join an eco-quinta to experience a way of co-operative and sustainable living? From 11 to 20 April, Quinta Arco-Iris invites you to their first "Friends and Family Activity Week". This is a time for doing practical and ecological tasks, learning basic skills, making friends and enjoying a natural and beautiful environment. They will be clearing and planting, creating spaces in nature, making a garden by the dipping pool, rebuilding earth houses, repairing yurts, renovating the Earth Oven, installing solar water heating and more besides. You will join the residents to arrange our activities together, cook our food together, entertain and sing songs and re-

lax in a good way, creating friendship and community.

The cost is five euros a day per person. The food will be vegetarian and plentiful. You should bring a tent, some personal first aid, wear hiking boots and clothes. It is limited to around 30 guests and if you are only able to stay for a day or two, please still feel welcome to come and join in.

Quinta Arco-Iris is an Association for Sustainable Living. People can be members of the Association that owns the land. Find out how co-ownership and co-housing can be an eco-village model in Portugal.

Contact Jonathon or Jenny on 961 252 349 or email solar@rainbowtradingpost.com.

"[For the director of music. Of David.]

The fool says in his heart, "There is no God." They are corrupt, their deeds are vile; there is no one who does good." - Psalm 14:1



Embrace Grace
IBC Women's Conferences 2008

Calling all Christian Women and any other women who are interested to learn and experience God's love and grace to join us for a Christian women's conference.

Dates:	25th to the 27th of April
Place:	Tivoli Hotel Cavoeiro
Cost:	€185 pp for double room €240 pp for single room Or €100 for weekend visitors
Guest speaker:	Liz Curtis Higgs

For more information please visit the website www.ibc-churches.org/women/ or call Jan Macleod (+351) 282 768 088



SPECIAL OFFER
Take an ad this size for 10 weeks and pay only €37.50 p.w. inc. IVA

Announcements

URGENT

We have Mr & Mrs G. arriving in March searching for a quality golf frontage villa in Vilamoura budget up to €2,500,000

We also have a number of clients confirmed throughout March & April seeking quality properties across the Algarve.

Contact:
Tel: 282 402 180
Mob: 913 273 996
to make an appointment or visit us at:
www.myporugalproperty.com

WE SELL FASTER

LONELY? BORED? Come and join our happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel.: 962 633 811.

CASA - WELL-KNOWN local social club (over 300 members) who raise money to help many needs in the area. Open to all, with a monthly newsletter of events and dinners (local venues for reasonable prices). Plus outings to interesting places in Portugal and Spain. Find out more by calling Mary 282 357 275.

LIFE CHALLENGES US - Feeling confused. Don't know what to do? Contact Elizabeth Shaper. 35 years counseling experience, Lagos area. Tel: 964 295 935.

MAN WITH VAN going to UK April 23rd returning May 4th Will take anything legal can take car caravan pets 282 357 837 or 919 020 249.

Bureaucracy

TRANSLATIONS PERSONAL / LEGAL. Many years experience, Tel/Fax: 282 484 776 Mobile 919 194 319 English / Portuguese / English.

Michelle's
Bureaucratic Assistance

FOR ALL YOUR DOCUMENTATION NEEDS

919 881 959
michelles@iol.pt

Business Opportunities

FOR SALE. Small welding and heating (limited) company. Call: 912 691 012.

Charities

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa, Carvoeiro and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

DONKEYS, DOGS and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

Classified Hotline
707 500 646
www.the-news.net

Education

Circo Pequeno

bouncy castles, clowns, jugglers, face painting, etc.

Tel: 916 622 976
or 917 038 555
tim@gomez.net

PORTUGUESE FOR Foreigners. Individual and group lessons by university teacher with International experience. Mobile 969 294 504.

PORTUGUESE FOR FOREIGNERS. Lessons by qualified native teacher (CIAL) with international experience (UK and Ireland). Reasonable rates. Call 919 732 101 (Oporto).

Entertainment

"STRINGS & THINGS" Musical Instruments. Lowest prices. New & Second-hand. Trade-ins, repairs, rentals, strings&things@hotmail.com Tel: 289 356 441 or 919 968 768.

PAINTING EXHIBITION

by David Haines

New Works 2008 at

GEORGE FURNITURE
EN125
Torre Almancil
Tel.: 966 186 357

PRIVATE GALLERY

Algoz, Tel.: 968 290 627
www.wdjhainesartist.ifp3.com

ARE YOU looking for a new hobby? Have too much time on your hands? Fancy meeting an extraordinary group of people? How about joining THE ALGARVEANS theatre group? We are your local Am-Drams for the Western Algarve. Contact Jackie on 282 687 410 or jackiemajor@sapo.pt OR check out our web address: www.thealgarveans.com You need no experience and are invited to try your hand at painting, carpentry, sewing as well as actually treading the boards! We hope to be doing workshops this year, where all are welcome. Give me a call.

For Sale Private

AS NEW, Pool table €550. can deliver. Come and have a look. Call. 966 006 666.

2 PROFESSIONAL Singer sewing machines with tables for sale. Ideal for dressmakers & soft furnishing makers. One straight stitch & one over locking, medium to heavy duty. Excellent condition, hardly used. Offers around €500 each. Tel: 935 697 033 to view and more info.



www.aga-web.co.uk
Joro Lda
Tel: 289 390 830 • 219 111 833
e-mail: loja@joro.pt

FOR SALE Selection Of Good Quality Furniture Telephone 914 443 603 For Details.

6FT POOL TABLE - 775€ and **BAR BILLIARD TABLE** - 950€; each with slate bed, brand new re-cloth and accessories - can deliver - 917 846 242 Almancil

FOR SALE. Double bed inc orthopaedic mattress. New and never used. €250 ono. Altura. Tel: 912 122 996.

MÄRKLIN HO model railway w/scenery, 220 x 150cm in Cartaxo region. €700. Pictures available by e-mail alrou@netcabo.pt Tel: 919 301 145.

2nd Hand Furniture & Storage space

Large selection. High quality Oak.



VACARIA - SILVES. Open Mon-Sat.

Storage for caravans, boats, motorhomes, motor cycles, trailers and cars. Always a supply of 2nd hand caravans.



VAN CASTEREN, Ponte de Cajadinhos, Vacaria 8300-047 SILVES, Tel.: 282 332 379, Fax 282 332 380 casteren@sapo.pt



€200 OFF! ZONDA THE BBQ SHOP Winter BBQ Offer!
Sterling Gas BBQ in hardwood trolley. Grill area 67x44cms. Back burner, rotisserie. Free gridle. Delivered free & ready to use. Special price while stocks last. Was €950. Offer Price €750.

Call 289 356 233.
www.zonda-thebbqshop.com

Health and Beauty

CANCARE. HAVE you been affected by Breast Cancer? We are a small group who meet 1st Wednesday of the month for a coffee or snack at Cássima Café, Loulé (off the swimming pool roundabout) 1pm - 3pm. Come along to our informal meeting for support, advice or just a chat. For more information call Vi on 289 882 680.

Riverside International
MEDICAL CENTRE,
Sta Bárbara de Nexe / Faro, Maragota / Moncarapacho, Tavira & V.R. Sto António.
24 hr service.
Tel.: 919 657 860
or 289 997 742.

FULLY QUALIFIED Pilates teacher available for one to one sessions in the comfort of your own home or in Guia. Also available to teach in gyms, clubs, hotels. Please call Shelley 913 362 221

CHIROPODY TREATMENT at your home. Mirjam Seybold. Nurse. Chiropodist. Tel. 282 913 435 or 916 723 964

SENSES... SKIN care centre. Manicures, pedicures, waxing, massage & Dermalogica Facials. Also offering Chiropody. New for 2008... Dermalogica Skin Bar. Rua 1 de Maio, N 36, Lagos - 282 762 261 / 913 275 869.

Suffering Chronic Pain?

Self help tool, often works where nothing else will!
No drugs - No Needles.

Call for a 15 minute FREE consultation 93 88 68008
Elke Wasmann

ARE YOU interested in attending a DASH diet weekly group? DASH is an eating plan designed to help lower blood pressure and lose weight. If you are interested then call me, Ginevra, on 918 667 113.

ENGLISH-SPEAKING homeopath. Acute and chronic conditions. Individualized approach. Tel. 964 228 462.



SPECIAL OFFER
Take an ad this size for 10 weeks and pay only €25 p.w. inc. IVA

Heating and Cooling

ELECTROCOMFORT UNIPESOAL LDA.
DUO-therm - Natural stone heating / wall heating. Etherma - Under-floor heating. Carrier / LG Artcool - Air-conditioning. www.electrocomfort.com info@electrocomfort.com Tel / Fax: 282 688 119 Mobile: 914 242 678.

Home Improvements

FENCE YOUR property. Tennis court re-fencing, steelwork, perimeter fencing, and more. Free quotations or work samples by email kockfencing@sapo.pt Call 282 338 694, 938 515 589, 932 868 804, 933 883 040 for more information.

FURNISHING FABRICS great selection and prices. 1000s metres in stock. Plus made to measure. King of Fabrics, Centro Comercial, Carvoeiro. Tel.: 962 531 376.

SHEET PLYWOOD. 8ft by 4ft = 18mm = €65. 8ft by 4ft = 12mm = €45.
FLOORING CHIPBOARD T-G. 8ft by 2ft = 22mm = €27. 100mm by 50mm Plained 2.40mts CLS = €12. 200mm by 47mm Tanned Joists 4.20mts length = €59. Tel: 963 598 216.



Biolet
DRY TOILETS "BioLet" for domestic homes & cabins ~ organic composting solution. No waste, No Septic! Free Brochure, Tlm: 967 337 994.
www.rainbowtradingpost.com

Legal, Finance & Insurance

CAPITAL FINANCIAL PARTNERS

Home of Overseas Mortgages. We are the largest International Mortgage broker on the Algarve, offering a wide range of competitive non-resident mortgages, re-mortgages, and construction finance. Call now for more details 00351 289 381 260 or visit www.cfpworldwide.com

BANK LOANS - New York Attorney, resident in Lisbon with law offices Lisbon since 1970, promoter of a prominent Portuguese bank, assists companies and individuals obtain best financial terms on loans for businesses, urbanizations, and residential purchases. No promoter fees whatsoever are charged. Dr. Ronald Charles Wolf, Email:

ronaldmarilyn@mail.telepac.pt
Mobile 933 170 313
www.ronaldmarilynlaw.com.pt



Abbeygate Insurance
www.abbeygateportugal.com
• Sponsors of the Weather on both Global and Spectrum FM.
• Find out about our Price Pledge on UK plated cars in Spain & Portugal.
• 30% Discounts for x-pats driving Spanish plated cars.
• UK's leading insurers for Home Insurance.
• European Breakdown Cover from €35.00.
• Call us Now to see why 90% of our custom comes from recommendations.
• Offices: Portugal, Spain & Cyprus
Portugal: + 351 217 230 637
Spain: +34 952 893 380
Registered Brokers in the UK with the FSA

Jobs Offered

Classified Hotline
on 707 500 646

VVIS

Vale Verde International School

VVIS requires qualified **TEACHERS** for part-time & full-time positions to start September 2008:

- **Information Technology**
- **French foreign language**
- **Teachers for years 3-6**

Candidates who have a working knowledge of 2nd language (English/Portuguese) for the primary section will receive preference

Send full details with CV to director@vvis.org

Where to find us: Keep West past Lagos.

Take 2nd turning left to Luz. At roundabout, keep right. School is +- 3.8km further, on right hand side of road.

Tel: 282 697205
Fax: 282 471761

Online Prospectus: www.vvis.org
Estrada de Burgau, Senhora da Luz



Office, Media & Technology

ALGARVE LAPTOPS

THE SAME TECHNOLOGY FROM A DIFFERENT PERSPECTIVE
Imported English Laptops (with UK keyboard and operating system) Help with establishing internet connections & wireless Quick fixing of hardware/software related problems Exceptional customer service & fantastic prices Open six days a week from 10am until 7pm Plain easy to understand language A REFRESHING APPROACH TO IT.
T: 282 312 044 • M: 913 087 160
www.algarvelaptops.com

COMPUTER TECHNICIAN



Qualified professional with over 20 years experience. Troubleshooter, upgrade recommendations, tuition & networking. See hardware & software prices at www.starworld.pt Web designing, hosting & domain registration.
Tel.: 918 411 488
or 962 719 488
starworld@sapo.pt

World Telecom PC Clinic



Your one stop clinic for PC's Macs and laptops



A name you can trust
See our advert on p. 12

DRPC for all computer aches and pains, can help home or business with anything from basic advice to repairs, network setup and upgrades. Tel: 939451660 drpc.fortuna@gmail.com

VISUAL FORESIGHT. Web and Graphic Design services where ideas become reality. www.visualfore sight.com Tel: 913 868 841.

Personal

PÊRA MEETING has changed venue. It is now held at 7.30 at the Igreja de São Francisco, Largo de São Francisco (Nr the Italian Rest.) in Pêra. Please use the side entrance. We look forward to seeing you there. Queries call 919 005 590.

Call our hotline
707 500 646
www.the-news.net

Pets

ABANDONED PETS need homes & lots of love. Mobile 963 455 358.

FRONTLINE FOR fleas. €22 per pet, delivered, for 6 months protection. www.swiftbuy.eu

STOP THE KILLING!

Before buying or breeding pets, consider the many unwanted / abandoned animals looking for homes. Many unwanted pets are euthanized! Call for **KITTENS:** Nora 282 459 207 (eves)

ADULT ANIMALS: Peter 965 019 796

TO FIND AN ANIMAL: Michele 919 457 263
email: [@mail.telepac.pt">happyhounds @mail.telepac.pt](mailto:happyhounds)

The Algarve Cattery in Alcantarilha.
Tel.: 00351 282 322 528
Mobile 00351 912 388 266

ARE YOU looking for a pet? I currently rescue kittens & cats, puppies and dogs; maybe I have your future companion. Call Valérie (Donkey Sanctuary) 913 860 865 or 282 342 823. lili10.evann@yahoo.fr

Hotel for cats OPEN EVERYDAY
* The best cattery in the Algarve.
* Fully licensed.
* Door to door service.
Tel.: 282 912 462
Mobile 919 566 769
www.gatotel.com

Pools & Gardens

LANDSCAPING & GARDEN maintenance & Automatic irrigation systems. Tel: 968 031 026.

WIDEST RANGE of Pool Heating, Covers, Pool Systems at SALAGUA Lda. - EN125 Alcantarilha - 289 992 281.

POOL SERVICE. Salt / chlorine. Alcantarilha - Moncarapacho. English / German. Falko 965 523 882. All you do is swim!

OCEAN POOLS LDA. Complete Pool Service. Maintenance - Repairs - Heating - Refurbishing. Tel: 282 342 772 Mob: 964 094 779 email: oceanpools@sapo.pt

GARDEN MAINTENANCE from €120 per month Lagos Portimão. Call: 964 595 946

Algarve Tree Services
* Pruning
* Felling
* Brush Chipper Hire
* Stump Grinding
* UK qualified arborist
* 20 years experience
Tel.: 917 479 921
www.algarvetreeservices.com



BANANA PLANTS, PRODUCING BANANAS OF HIGH QUALITY IN COASTAL AREAS OF PORTUGAL. CONTACT Email jlfesta@yahoo.es

BOUNDARY FENCING. Secure your garden, pool area. Garden design, bespoke pergolas, gates, walls. Phone 916 855 831.

QUALITY, INNOVATION, Reliability & Service at a fair price. **ALGARVE POOLS** EN125 Guia, Albufeira. Telm. 966 341 633. algarvepools@clix.pt

GARDEN LANDSCAPING and irrigation, specialising in low maintenance designs. All Algarve covered. www.justinwride.com Tlm: 913 083 681.

Property Agents

www.kern.pt

EAST ALGARVE Home from Home Villa and Apartment Management. For all your household needs and assistance with rentals. English/Irish team. Tel Ann 962 313 171 or Lorraine 969 905 100

VILALAIJA Lda.
Property management, rental & maintenance in the Western Algarve.
Tel: 282 764 103
Mob: 915 229 993
www.vilalaia.com
Office: Iberlagos, Bloco J, Loja 8, Lagos

www.the-news.net

Property for Rent

www.hortadascanas.com

APARTMENT FOR RENT - Agostos, Santa Barbara de Nexe. Fully furnished apartment situated over Farmhouse, in rural setting. Accommodation suitable for couple. Suitable for long term let. Contact 917 267 948 or 289 994 000.

SALES CONSULTANT Portimão. Office job. Online real estate agency. Send CV info@ buybusinessinportugal.com

Marine

FOR SALE Lasers sailing boat with 2 sails, launching trolley & road trailer. €4,000. Windsurfer with 2 battened sails. €740. Rel: 282 445 068.

Miscellaneous

LA MAISON D'ART

International Fine Art. Antique Paintings Sold, Purchased, Sourced, Valued, Leased. Investment purchases arranged. Portfolios managed.
Lagos, Portugal.
Tel: 965 048 782
www.la-maison-dart.com

2 EMPLOYEES wanted. One daytime, one evening for shop in Praia da Luz. Little Portuguese. Aged over 30 preferably. Tel: 912 167 849.

APART HOTEL in Albufeira looking for weekend desk clerk. English and Portuguese spoken. Call 917 326 635.

ENGLISH SPEAKING Staff required for care in the community working on a self employed basis (green receipt) Tel 918 024 114 between 2-6pm



SPECIAL OFFER
Take an ad this size for 10 weeks and pay only €37.50 p.w. inc. IVA

CARVOEIRO, ONE bedroom house, fully equipped, garden. 10mins. to centre and beaches. Wonderful sea view. Available from 30th April to 30th September. Tel: 282 359 308 / lenardo.ostrom@netvisao.pt

CARVOEIRO CENTRE. Long term rent, 2 bedroom apartment now available, full furnished. 500m to the beach, parking. Tel: 282 357 052, 918 880 345.

NEAR FERRAGUDO semi detached T3 Villas, High specifications. Fantastic views. Heated pools, residential Area from €395,000. Tel +351 282 357 623 or +351 916 618 944.

www.kern.pt

LONG RENT - Converted Two bedroom two bathroom, first floor apartment in the luxury resort of São Lourenço, Quinta do Lago. Nicely decorated, fully furnished. Lovely view over lake and pools. Cable TV, Fully Air conditioned and Fogo Montana heating. Utilities to be paid as used (i.e. electric and water). Telephone: Paul 919 543 553.

QUALITY COMMERCIAL property for rent in Lagos Marina 110sqm. Please contact 969 064 618.

LONG RENT - 1 bed, 1 bath, ground floor apartment in luxury resort of São Lourenço, Quinta do Lago. Nicely decorated, fully furnished. Private garden, with communal pools. Cable TV, Air conditioned and Fogo Montana heating. €795/month. Utilities to be paid as used (i.e. electric and water). Telephone: Steve 0044(0)7831 800 001 or Paul 919 543 553.

Property for Sale

MODERN STYLE Villa - High Quality Detached 4 bedrooms villas situated in a quiet area with pool and garden. Located at 5 min from the beach of Armação de Pêra and Algarve Shopping and 10 min from Albufeira. Presently under construction, purchaser has opportunity to choose finishes. Prices from €510,000. Mob. 966 570 158. www.joao-nunes.com

FOR SALE. Beautiful four bedroom house in Central Portugal €260,000. Close to Coimbra with stunning views. For full details and Virtual Tour Visit www.house-in-portugal.co.uk or Tel. 239 458 060 Mobile 915 060 980.

TWO BED mobile home, Ferreira do Alentejo. All amenities, Sky TV, large plot, Sale price €30,000. Offers invited. Tel: 966 211 098.

www.kern.pt

Portimao Marina Luxury T1 and T2 Apartments



Fully furnished • Garage • Pool • Security
Top class amenities from €175,000.
Call +351 282 357 623 or +351 916 618 944

RESTORED OLD house. Atelier/shop/living on ground level. Original detailing. In medieval Tavira. Views on the ancient city. 20 meters from the riverbank, close to the ferry to Isle of Tavira. Equipped with Indonesian kitchen and possibility for extra roof terrace 15m2. Direct from owner (00351) 965 026 603. www.easternalgarve.com

NEAR FERRAGUDO Semi detached T3 Villas, High Specifications. Fantastic Views. Heated pools, residential Area from €395,000 Call +351 282 357 623 or +351 916 618 944.

FERRAGUDO



- * Semi-detached town house.
- * Reduced for quick sale: €315,000
- * 3 bedrooms
- * 3 bathrooms
- * 80m² garage/basement
- * Quiet, secure location.
- * Ideal Family Home.

Call 932 845 977

CARVOEIRO/ LAGOA.



Stunning T6 Luxury villa
Games room • Steam room
2.5 Acres Tropical Gardens
Pool • €1,895,000ono
Tel +351 282 357 623 or +351 916 618 944

5 MINS FROM CARVOEIRO, GOLF & BEACHES

4 bed townhouse. 2 baths (1 en-suite), sitting/dining room, Guest w/c, office, plus 2nd reception room (used as 5th bedroom).

Set over 3 floors. Front & back garden, large terraces & patio, views over country & landscaped municipal garden. Air conditioning throughout, wood burner, solar panel.

Close to schools & all amenities. Must be seen. Private sale. Reduced price: €330,000.
Tel.: 918 721 688

LUXURY There is only one small urbanization in a quiet location in the centre of Almancil with a swimming pool set in the middle of spacious gardens and we can offer an excellent apartment at a very competitive price. This three bedroom unit is on the first floor, all materials are of the highest quality - all the doors and cupboards are of solid wood, worktops of granite. There is a woodburner in the livingroom. Must be viewed to fully appreciate.
€180,000

If you want to see details of this and many more properties and hundreds of photos, visit our page www.johnhillproperties.com
Contact John Hill Real Estate, Av. 5 de Outubro. No 20, 8135-101 Almancil.
Tel.: 289 395 610 Fax: 289 397 212
Mobile: 917 238 517
Email: info@johnhillproperties.com

PADERNE. FULLY restored 3 bedroom Quinta. 2 bathrooms, new kitchen, utility, +2x2 bed cottages with good holiday rental income. 9m Pool, barn, carport. 1600m2 plot. 350m2 built area. Nice country area. €475,000. 289 367 856 for more info: www.buysellhouse.eu/house.php?lang=en&nref=1032

FOR SALE:

Casa da Aldeia

and

CASA Sobre o Douro

In Portugal visit our website www.bastiquer.com

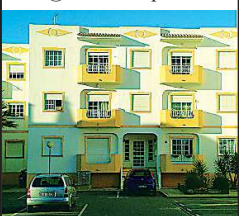
GRAMACHO GOLF RESORT CARVOEIRO.
Detached Villa. 4 bedrooms 5 bathrooms overlooking golf course. Garage. Pool. Air-conditioning. Large kitchen. €695,000. Private Sale. For details visit www.nades.co.uk or telephone 282 340 946 or 917 844 518



Call our **Classified Hotline** on 707 500 646 www.the-news.net

WELL LOCATED APARTMENT IN LAGOA

Top floor T3 on the outskirts of Lagoa, with views across the fields, while being a stone's throw from all facilities. Situated in a pretty, landscaped cul-de-sac, light and spacious lounge, 3 bedrooms, 2 bathrooms, kitchen and 2 balconies. Private Sale
Price: €130,000.
Call 912 738 730 or email: mail@infiniteinspire.com



Property Services & Building

NEED A HAND - I can fix many things, paint, put up shelves, re-hang doors. Call Gordon Tel.: 282 381 201 or mobile 962 828 789.

www.tadelakt-portugal.com. **BEAUTIFUL MOROCCAN** finishing plaster work.

LISBON / CENTRAL Portugal John Bray General builders. All work undertaken. www.johnbrayconstructions.com. Tel: 916 036 465.

ALGARVE / ALENTEJO General English builder. 35 years experience. All works undertaken! Tel: 916 675 834.

CIVIL ENGINEER. Construction Management. Health & Safety projects. Speaks English, French & Spanish. Call +351 934 516 560.

Property Wanted

COMPANY DIRECTOR requires unfurnished 3 bedroom executive home with pool to rent for 24 months, with guaranteed option to purchase at the end of the rental period. Golden Triangle Contact Anne Marie on 919 135 387.

COMPANY REQUIRES warehouse 1000m² IMMEDIATELY. Preferably in the Loulé Industrial Park or Almancil / Loulé. Please call 919 135 387.

www.the-news.net

VILLAS WITH pools required urgently for the 2008 rental season. Email: atlantic.holidaysguia@sapo.pt

Removals & Storage

LARGE VAN going back to England April - May. Anything legal taken, including cats and dogs. Mobile 966 187 812.

MAN AND VAN at your service. Call Keith. Mobile: 966 511 282 Landline: 281 963 151.

MAN AND large van, single items to full removals. Local and international. Hourly rates. Tel Neill 969 417 625 / 282 330 640.

Phoenix Transport. UK/Portugal/UK. Local & international and Silver Coast. Door-to-door service. Removals & Storage. Also transport cats & dogs. 16 years Algarve. Call 966 187 812 or 967 225 357 or UK 0044 1482 213757

125 REMOVALS UK - Algarve - Spain - Portugal
TRANSPORT & STORAGE SOLUTIONS
HOME SHOPPING SERVICE
ORDERS TAKEN FOR: SWEDISH FURNITURE ALGARVE OUTLETS BUILD SERVICE
Contact: Fax 282 968 900 Mobile: 914 902 366 sales@125-removals.com

"Need something taken or brought from the UK?"
D.J. Transport & Storage
* Monthly trips, central Portugal to UK.
* Single item to full load.
* Door to door.
* Fully insured.
* Cars & Caravans.

For more information call David on 967 240 319

SPECIAL OFFER
Take an ad this size for 10 weeks and pay only €37.50 p.w. inc. IVA



Retail

PEPPER TREE STORE Your online Department Store www.peppertreestore.com

Satellite

TAVIRA SATELLITE TV- BBC / ITV, 4 & 5 + FreeSat. New systems & repairs. Experienced technician. Tel: 964 721 714. www.trevortronix.com

ELECTROSOL SISTEMAS PARABOLICAS

For all your satellite system needs plus much more
Tel.: 282 357 843

707 500 646

Services offered

THE WORKSHOP! Your one stop carpentry & renovations shop - quality workmanship, delivered on time - 966 001 922 or 289 396 909.

TREE STUMP removal with minimal disturbance to surrounding area. Tel: 918 667 770.

A BEAUTIFUL PICTURE of your home from above.

- Stunning results at little cost.
- Land based system. Tel: 963 601 024 www.highheye.com photography.com

ELECTRICAL PROBLEMS. mono-/three-phase, will be solved fast and reliable. Tel: 289 999 446 or 914 498 080

LOCKSMITH/JOINER. No job too small. All works undertaken. Efficient reliable service. Contact Wayne Fowler on. 917 758 449.

ELECTRICIAN 919 392 624

PROFESSIONAL PAINTING & DECORATING

Call James Walker for a free quote.

Tel: 282 381 313
Mobile: 967 944 660.

ALGARVE FILMS - Media Productions. We produce professional video for DVD and on-line website viewing. Using state of the art technology we can produce video for real estate, business marketing and private projects for surprisingly low budgets. Villa on-line videos for only €500! Visit www.algarvefilms.com, phone Colin on 963 062 700, or email: algarvefilms@gmail.com

SHOP FROM HOME

Personal shopping service from well known Swedish furniture store in Seville. Goods collected and delivered to your home. Weekly trips. Assembly service available P.O.A.
FOR FURTHER DETAILS CONTACT
jackiejell@sapo.pt
Phone: 917029831



BRAND NEW
OFF-ROAD KART
150cc roll cage and big dune tyres. NEVER USED. unwanted gift.
€900 open to offers
914870773



966 030 944
10.90MBUNGALOW ON WHEELS!!
Loaded with luxury & comfort. Chevrolet, Diesel engine, 70,000km. €52,500.
All info & more pictures via: lasiesta4u2@yahoo.com

MERCEDES SPRINTER Van 416CDI, 5 cyl engine, July 2005, serviced, 110,000 km, new brake disc pads, new tyres, tow bars front and rear, red, radio, CD, air-con, alarm, central locking, electric windows, written, one driver only from new. €20,000. Call 964 145 449.



Seat Alhambra 7 seater Turbo diesel. 1.9TDS 6 gear, 2005 120,000km LHD Port. reg. Dark metallic grey. Climate control, sunroof, parking sensors, CD, FSH, €19,500.
Tel: 282 788 361
Mob: 963 282 780.
Leave name and number if no immediate reply.

WANTED.
We pay cash for cars / commercials.
Anything considered.
Tel.: 918 542 057 or 916 451 160.

PRIVATE SALE. Mercedes C200 Kompressor. Petrol, automatic, 45,000kms. Year 2001, L/H/D, Portuguese registration, black, climate control, sun roof, parking sensors, CD, MOT 2010. €11,500. Tel: 918 191 217.

LANDROVER FREELANDER 1.8, petrol, UK reg. 1999. Limited edition. Leather seats. 6 track CD. V.G.C. €4,500.
Tel: 268 469 025.

HYUNDAI SANTA-FE wagon. 2.2 engine. 7 seats. November 2006. 20,000kms. Excellent condition. €30,000. Tel: 960 344 081.



966 030 944
MERCEDES SL280 CABRIO
Light turquoise/green metallic. Hardtop same colour. Leather int. All options. German reg. €19,000.00. info: lasiesta4u2@yahoo.com

BAILY SENATOR Montana caravan 1999 twin axel, 22 ft, 5 berth, CH and AC, full cooker and hob, fridge, blinds, fly screens. Good condition €6,500ono Contact: 286 512 013 or 919 172 222.

VOLVO 440DL + LPG. Silver metallic, 5 door hatchback, Dutch reg. New model, radio/CD. No damage, good condition. €1,250. Info: lasiesta4u2@yahoo.com. Tel: 966 030 944.

Wanted

www.the-news.net

PIRILAMPOS CHILDRENS HOME

Quinta das Pedras 382. Branqueira, 8200-315 Albufeira.

NEEDS: Bath gel, shampoo, wet-wipes, nappies - 12kg and up, toothpaste, toothbrushes, Nan 2 Milk Formula, and other daily consumables.

Contact Graça Santos on 289 542 515.



SPECIAL OFFER
Take an ad this size for 10 weeks and pay only €25 p.w. inc. IVA

May: Focus on Beauty

Beaches and pools are beckoning our readers and they need to be beautiful to participate in the joys of the season. If you are in the beauty business, you can place a free classified during the month of May and fill your salon with clients before the season gets underway.

Or if you are a private advertiser, you may have a beauty appliance or product to sell. Either way, as long as your ad falls under the heading "Beauty" it's free for the month of May. Ads can only be placed by email and should not exceed 15 words. Pictures can also be included, but only one free ad per advertiser may be submitted. email your ad to classads@the-news.net

Insert your 'Beauty' ad FREE OF CHARGE during the month of May



Best value flights, Packages, Short breaks, Travel insurance, Car hire & Airport transfers. Friendly & efficient service. Call us now:

Freephone 800 206 375
Tel 282 78 20 78
pdmtravel@sapo.pt



Use the flight search engine to find the cheapest flights available, by visiting www.the-news.net

Vehicles

BMW 318TDS, Seagreen metallic. Perfect condition, Dutch reg. Doord computer, electric windows, radio/CD, 2x airbags, €4,250. Info: lasiesta4u2@yahoo.com. Tel: 966 030 944.

Classified Order Form

COMPILE

- ☐ Announcements
- ☐ Bureaucracy
- ☐ Bus. Opportunities
- ☐ Charities
- ☐ Education
- ☐ Entertainment
- ☐ For Sale Private
- ☐ Health and Beauty
- ☐ Heating and Cooling
- ☐ Home Improvements
- ☐ Jobs Offered
- ☐ Jobs Wanted
- ☐ Legal, Finance & Ins.
- ☐ Marine
- ☐ Miscellaneous
- ☐ Office, Media & Technology
- ☐ Personal
- ☐ Pets
- ☐ Pools & Gardens
- ☐ Property Agents
- ☐ Property for Rent
- ☐ Property for Sale
- ☐ Property Services & Building
- ☐ Property Wanted
- ☐ Removals and Storage
- ☐ Retail
- ☐ Satellite
- ☐ Services Offered
- ☐ Travel
- ☐ Vehicles
- ☐ Wanted

CALCULATE

- ☐ Per word €0.50
- ☐ Boxed ad €4 extra
- ☐ Boxed ad (red line) €6 extra
- ☐ Box number €4 extra
- ☐ Photo 4cm wide €10 extra
- ☐ Photo 4cm wide Colour €15 extra

Subtotal €

x N° of Editions

TOTAL €

All prices include VAT

CONDITIONS

Ads must reach us by 11 am on **Tuesdays**. Prices shown are for copy to be set to our type specifications. Minimum of ten words per advert. Phone numbers and post codes count as one word. We reserve the right, without giving reasons, to decline any advertisement. In the case of an advertisement being repeated, the advertiser undertakes to advise **The Portugal News** of any error immediately after the first insertion.

PAY

- ☐ I enclose payment in the sum of €.....
- ☐ by cheque payable to THE PORTUGAL NEWS
- ☐ in cash
- ☐ Please debit my VISA credit card account:

N°

CREDIT CARDS ONLY
Plus the security digits (the last 3 digits on the reverse of your card)

Expiry Date

Name

Address

Tel

Fax

PLACE

By Post: Apt 13 • 8401-901 Lagoa
By Fax: 282 341 201
By Phone: 707 500 646
By email: classads@the-news.net

NEW !! Place your classified online - and save 10%

You can now place your classified adverts **DIRECT ONLINE** at www.the-news.net/ads/
You will be able to choose from simple lineage ads, boxed ads, photo ads, and preview your classified before placing it. And it really IS simple!

Alarms

RESPONSE ALARMS
Home Security Systems
Tel: 282 356 083
Mobile 918 987 093
paul-responsealarms@hotmail.com

SECURITY SOLUTIONS
Security systems
Tel: 961 111 356
securitysolutions-
algarve@gmail.com

Antiques

ANTIQUES & DECORATIONS
Rua São João 1A, 8365-063 Algoz
(opposite Post Office)
Tel: 964 188 791
email: jenniesayer@aol.co.uk

FRED PEETERS
Dutch Antique Dealer
Messines
Tel: 282 338 602

GOLD SILVER JEWELLERY
Buying in any condition
Also coins, watches and old oil
paintings
Tel: 960 212 008 from 10am - 6pm

MAISON D'UN RÊVE
Antique Furniture & Decorations
Sítio do Troto s/n, EN125
Between Almancil & Faro.
Tel: 289 394 220
maison-dun-reve@sapo.pt

Auctions

TAVIRA AUCTION
Vale Carangejo, Tavira
(Near Mini.Preço Roundabout,
just off EN125)
Tel: 916 136 059/060
www.algarveexpats.com

Bureaucracy

ALMANCIL SERVIÇOS
Bureaucratic Assistance
Almancil
Tel: 289 393 412
Fax 289 395 938
email
almancil.services@mail.telepac.pt

C M SERVICE CENTRE
Bureaucratic Assistance
Lagos
Tel: 282 085 074
cm@netvisao.pt

EURO BUSINESS CENTRE
Almancil
Tel: 289 399 649
Mobile 965 125 566
eurobusinesscentre@sapo.pt

GBIS INPORT
Documents agency
Lagoa
Tel: (day) 282 341 888
Mob: 911 133 803
or 918 987 093
gb-i.s.inport@hotmail.com

Education

CENTRO DE LÍNGUAS DE LAGOS
Language School
Rua Dr. Joaquim Tello
Lagos
Tel: 282 761 070
centro.de.linguas@mail.telepac.pt

CLCC - CENTRE
Language School
Portimão – Jardim Gil Eanes
Tel: 282 430 250
email: geral@clcc.pt www.clcc.pt

UNIVERSIDADE DA CRIANÇA
Crèche & pre-school
Portimão
Tel: 282 423 974
reitoria-uc@ideias4tomorrow.com

Entertainment

GAMESROOM EQUIPMENT
Call: 912 264 905
Mobile: 917 846 242
www.fjnorth.net

STANDING OVATION
Events & Party organiser
Tel: 914 599 933
www.standingovationalgarve.com

Landscaping Gardens & Ponds

ECOSSISTEMAS
Garden Centre
Est. Nac. 125, Odiáxere, Lagos.
Tel: 282 799 537
Fax 282 799 840
www.ecossistemas.com

GERALDES LANDSCAPE
Construction and maintenance
Tel: 289 328 255
Mobile: 913 407 507
email:
geraldespaisagismo@hotmail.com

GROUNDWORKS
Excavations & landscaping etc.
David Wilson Tel: 289 489 579.

HARVEYS OF LOULÉ
Garden Construction & maintenance
Loulé
Tel: 289 412 462
Mobile: 916 048 671
harvcor@sapo.pt

JARDINLANDIA
Garden Centre
Mobile 969 096 727.

NORMAN GROUND-WORKS
Gardening & landscaping
Tel: 282 332 899
Mobile 963 134 129.

OLIVEIRAS DE PORTUGAL
Huge variety of olive trees
Tel: 282 799 537
Mobile: 919 845 659 / 961 345 276
info@oliveirasdeportugal.com
www.oliveirasdeportugal.com

Q GARDENS
EN 125 Odiáxere
Tel.: 282 799 633
email: qgarden@mail.telepac.pt
www.qgardenspt.com

Health & Beauty

AIRPORT PHARMACY
8.30am - 11pm (everyday)
Parking for clients
Tel: 289 819 740

ALGARVE ANGELS
Nursing needs
Tel: 282 688 365
Mobile 937 021 451
algarveangels@yahoo.co.uk

ALMAVERDE
Wellness and health & beauty
Tel: 282 697 656
www.almaverde.com

ANDREAS J. MESZTICZKI MD
Riverside International Medical
Centre
Santa Barbara de Nexe / Faro
Moncarapacho - Tavira - V.R. Stº
António
Tel: 289 997 742
24hrs service: 919 657 860

BRITISH RETIREMENT HOME
Estoril
Tel: 214 88 696
Mob: 936 400 711
www.brhportugal.com

BUPA INTERNATIONAL
The World Health Service
Mexilhoira Grande
282 471 169

CLÍNICA DENTÁRIA
Dra. Cristina Fernandes
(Dental Clinic)
Rua João Menezes, Nº 8 r/c,
8400 Lagoa
Tel: 282 342 920

CLÍNICA DENTÁRIA
Dr. Peter Nielsen
(Dental Clinic)
Horta da Figuras, Lt. 33, Faro
Phone: 289 865 530
www.farodental.com

DR BIANCA TOEBBEN G.P.
Alternate Detox Treatment
Mobile: 914 635 661
mail@dr-bianca-toebben.de

DR. FRANCIS HALEY
Dental Surgeon
Av. 25 Abril, 184-1ºC,
Cascais
Tel: 214 863 012

HAPPY FEET
Treatment of feet
Alvor
Tel: 966 237 330
carmen.becker@sapo.pt

LUZDOC INTERNATIONAL
Medical service
24hr emergency Nº 917 811 988.

MIND OVER MATTTTER
Therapeutic counsellor
Lagos
Tel: 964 951 570
www.mind-over-matter.com

MONTE DAPALHAGUEIRA
Retirement Village
Gorjões, 8005-488,
Santa Barbara de Nexe, Faro
Tel: 289 990 900
Email: monte.palhagueira@netc.pt

PERFECT SMILE
Implant & cosmetic dentistry clinic
Hospital Particular do Algarve
Alvor
Tel: 282 457 018

SAUDE INTERGRAL
Physical Recuperation & Treatment
Centre
Osteopath British & Portuguese
Dr. Jody Jakob
Cascais
Tel: 214 846 283
geral@osteopatia-cascais.com

SENSES
Skin care centre.
Rua 1 de Maio, N 36, Lagos
282 762 261
Mobile 913 275 869
senseskincare@hotmail.com

SULCARE
Mobility Aids
www.sulcare.com
Tel: 289 417 243
Mobile: 964 805 111

VITALIZE PRODUCTS
Glucocomotion
Almancil
Mobile: 918 476 000
vrijaldenhoven1@sapo.pt

Heating & Cooling

BARLEVENTO REFRIGERAÇÃO
Air conditioning
Lagos
917 230 727
email:
paulkent.aircon@hotmail.com

COOL OASIS
Fontes de Boliqueime
Tel: 966 771 386
algarve@cool-oasis.com
www.cool-oasis.com

DOMUS HEATING
Underfloor heating,
EN125 - Sítio Benfarras
Boliqeime.
Tel: 289 322 852
Fax: 289 322 894
domusheating@mac.com
www.domus-heating.com

FIRES OF PORTUGAL
Tel: 289 489 958
Mobile 967 721 209.
email: carolinsalir@mail.telepac.pt

FOGO MONTANHA
Wood burning fires
Tel: 282 470 035
fogomontanha@mail.telepac.pt
www.fogo-montanha.com

LUNTURBO, LDA.
Wood-burners
Silves
Mobile 917 234 218
Tel: 282 445 445.

MISTER COOL
Heating & Cooling
Lagoa
Tel/Fax 282 381 364
Mobile 917 175 818

SACL
Heating & Cooling
Vale de Louzas
EN125 - Alcantarilha
Tel: 282 314 190 / 282 322 175
Fax: 282 314 191
rscd@mail.telpac.pt

TECNOLHÃO LDA
Heating & Cooling
183 Rua Alportel
Faro
Tel: 289 806 244 / 919 778 395

Holidays & Tours

AIRPASS
Online ticket reservations
Tel: 282 480 580 (Algarve)
Mobile: 932 070 707
Tel: 218 439 510 (Lisbon airport)
Mobile: 932 090 909
info@airpass.pt

ANA - Aeroportos Algarve
Fly direct to the major European
Cities
Tel: 289 800 617
faroairport@ana.pt
www.faroairport.com.pt

LONDON MARRIOTT
West
Hotel
West India Quay (Canary Wharf)
London
Tel: +44 207 093 1000

Interiors

ABSOLUTE ESSENTIALS
Furniture and accessories
Tel: 959 321 959
Email:
absoluteinterior@btinternet.com

ABODE FURNITURE
Interior & exterior furniture
bespoke furniture packages
Tel: 282 762 070
info@abode-group.com

ALGARVE CURTAINS
Curtains, Cushions, Bedcovers
Ferreiro
Tel: 282 493 238
Mob: 964 677 699

ANGELA MARSHALL
Lagos
282 798 419 / 969 380 917
E-mail: Amarshall@sapo.pt
www.angelamarshallinteriors.com

BEDROOMSEXTRA
Bedrooms, sofas & dining
Parque Industrial O Infante 9-10
Torre, Odiáxere
Tel: 282 792 383.
sales@bedroomsextra.com

DECORADORA BELA
Furniture store
EN 125 Almadena - Lagos
Tel: 282 697 387
or Qta Caldeira - Portimão
Tel: 282 427 054
E-mail:
decoradorabela@mail.telepac.pt

FRONTERA
Complete High Quality Home
Furnishings
Tel: +34 959 470 971
sales@furniturefrontera.com
www.furniturefrontera.com

HOUSE2HOUSE
Quality furniture at low prices
2 Large showrooms near Almancil
Open Monday to Friday 10am - 5pm
Tel: 289 395 197
www.house2house.pt

**KALAGOS & DTC - INTERIOR
DESIGN**
Rua José Ventura Neto Cabrito
Lagos
Tel: 282 782 311
kalagos@mail.telepac.pt
www.ka-international.com

KING OF FABRICS
Furnishing Fabrics &
Soft furnishings
Centro Commercial, Carvoeiro
Tel: 962 531 376
Mobile 967 843 918
swatches@clix.pt

LUZ DECOR
Interior Decor
Praia da Luz, Lagos
Tel: 282 789 849
Mobile: 917 771 831
Email: patsy@oninet.pt
www.luzdecorhome.com

MÓVEIS MALHEIRO
Furnishings
Pires e Ribeiro, Lda. Urb. do
Malheiro, Rua das Aclátes, Lote 4
Portimão
Tel: 282 491 583
Fax 282 492 249
moveis.malheiro@mail.telepac.pt

FOR FULL DETAILS PLEASE SEE OUR MAIN ADVERT

MOVIESON
Algarves Finest Outdoor Furniture
Store
EN25 Chinicato, Lagos
Tel: 282 798 101
info@movison.com

PLANET SOFA & BEDS
Interior & exterior furniture,
Furniture package specialists
Lagos
Tel: 282 762 070
info@planetsofa-algarve.com
www.planetsofa-algarve.com

Kitchens & Bathrooms

**BATHROOMS & KITCHENS FOR
ALL BUDGETS**
Design & Installation
Gary Rozenbroek
Lagos
Tel: 963 876 129

ELITE KITCHENS
Kitchens.
Tel: 282 353 664
iberelite@sapo.pt

IBERIA BATHROOMS
Bathroom refurbishment specialists
Tel: 282 695 675
Mobile: 966 841 603
info@iberiabathrooms.com
www.iberiabathrooms.com

KRAFTWORK
Kitchens & bespoke furniture
Porches
Tel: 282 343 752

Legal & Insurance

ANA DUARTE
Lawyer
Lagos
Tel: 282 792 766
anaduarteadv@hotmail.com

AXA PPP HEALTHCARE
Healthcare cover
Tel: +44 (0) 1892 708 156
www.axapphealthcare.co.uk

BLEVINS FRANKS
Unique solutions for your tax and
private wealth
Freephone: 800 813 303
pensions@blevinsfranks.com
www.blevinsfranksinternational.com

CASAS'R'US
Mortgage Brokers
Tel: 213 866 109
Mobile: 918 539 480 or 916 721 382
pierre.lavelle@yahoo.com
www.thousand-markets.com

CREDIT SERVICES
Financial consulting Company
Praça Lopes Graça 23B - Laranjeiro
Tel: 707 312 411
www.creditservices.com.pt

DAVID HILLS
Insurance Agency
Tel: 289 399 774
Fax: 289 393 607
email: info@davidhills.com

EURO FINESCO
Fiscal & Expatriate Service
Guia
289 561 333
email: info@eurofinesco.com
www.eurofinesco.com

EXCHANGE LAGOA
All financial needs
Tel: 282 343 150
fernando.vieira@exchange.pt

EXETER FRIENDLY
Lloyd & Whyte International Ltd
Health cover in Portugal
Tel: 289 360 578
www.lloydwhyteintl.com

HLB GIBRO GROUP
Fiscal Representation for non
residents
Loulé
Tel: 289 463 271
email: info@gbiconsultores.com
www.gibro.com

INTASURE
Property Insurance
Tel: 707 500 025

**NÉLIA FAÍSCA, EURICO ALVES &
ASSOCIADOS**
Law office
Almancil
Tel: 289 359 230
nfea@nfea.pt
www.nfea.pt

MARLENE L. LEMOS DEKKER
Law office
Carvoeiro
Tel: 962 038 538
info@lemos-juridico.com
www.lemos-juridico.com

PATRICIA DIAS
Law Office
Lagos
Tel: 282 763 833 / 282 763 847
email: patricia.dias@net.novis.pt

XPAT CARE
Health Insurance
Tel: 707 500 028

Media & Publicity

DLA Publicidade
Printing & Design
Rua Vale Formosa N° 339,
Almancil
Tel: 289 395 445

INACIO ALVES
Marketing & Publicity
Olhão
Tel: 289 721 050
Mobile 968 639 468
inalves@mail.telepac.pt
www.inalves.com

STARS RADIO ALGARVE
Algarve & Alentejo Radio
Advertising
Loulé
Mobile: 937 140 004
Tel: 289 414 000

Pets

ALGARVE SITTERS.NET
Petcare, Plantcare & Homecare
Mob: 966 762 499
algarvesitters@gmail.com

MUCKY MUTTS
Mobile dog grooming
all areas
Tel: 913 529 852
mucky.mutts@hotmail.com
www.muckymutts.com

PAWS 4 PETS
The Holistic Approach to Health
& Nutrition
Silves
Tel: 282 443 170
Mobile: 916 273 376
www.paws4pets.net

SOBRE PATAS
The dog grooming at your door
Tel: 965 827 149

Pools & Building

ALGARVE HOT TUBS
Spas, swimspas, chemicals &
garden furniture
Quatro Estradas.
Tel: 289 397 321
sales@algarvehottubs.com

AMERICOSOARES
Bore Hole & Water Treatment
Mobile: 966 387 338
Tel: 289 823 748
americo.soares@portugalmail.pt

AUTOHEAT
Pool heating
Tel: 282 322 502
email: autoheat@mail.telepac.pt

AQUAPURA
Pool-covers
Lagos
Mobile 967 025 157
info@aquapura.com.pt

BUILD 4 U.
Construction etc.
Mobile 919 356 749.
email: info@build-4-u-ida.com
www.build-4-u-ida.com

DANACASA
Wooden homes or steel frame construction
Guia (nr. Algarve shopping)
Tel: 289 571 270
info@danecasa.com
www.danecasa.com

DAVID WILSON Lda.
Construction work
Tel: 289 489 579

IBERIA BLUE
Pools & Equipment
Phone/Fax 282 761 116
Mobile 913 393 421
info@iberiablue.com
www.iberiablue.com

JOÃO NUNES
Building your home
Tel: 289 417 867
Mobile: 966 570 158
jn.geral@gmail.com

POOLS & THINGS
Pools & equipment
Tel: 289 798 016
Mobile 965 308 404 or 964 462 004.

PURE POOLS
Pools & Equipment
Lagos
Tel: 282 760 033
Mobile 919 517 868
Fax 282 760 034.
purepools@yahoo.com
www.purepools.com

Property Agents

ABODE
Carvoeiro
Tel: 282 356 865
leohbraun@hotmail.com
www.aboda-pt.com

ALGARVE EDEN PROPERTIES
Almancil
Tel: 289 399 818
Mobile: 961 386 829
aep-info@algarve-eden-properties.com
www.algarve-eden-properties.com

ALGARVE PROPERTY CENTRAL
Vilamoura
Tel: 289 310 310
sales@algarve-property.com
www.algarveproperty.com

CALICO PARK ALGARVE PORTUGAL
Timber Homes & Park
Tel: 281 951 360
transcampo@mail.telepac.pt
www.calico-park.com

DOMUSIBERICA BURGAL
Property Development
Praia da Luz
Tel: +351 282 788 477/8
Fax: +351 282 788 479
info@domusiberica.com
www.domusiberica.com

ELLY VAN HULST
Real Estate
Between Loulé and S. Brás
www.property-runner.com
Tel: 289 842 992

ERA ALVOR
Real Estate
Rua Marques de Pombal,
No 20 A, Alvor
Tel: 282 402 440
Email: alvor@era.pt
www.era.pt/alvor

ERASINTRA
Linkshore Med. Imob, Sintra
Real Estate
Contact 919 258 131
jmarquessintra@era.pt

ESTEALGARVE
Real Estate
Cevadeiras, Vila Nova de Cacela,
8900 V. Real de Si^o António.
Tel: 281 951 165
Fax: 281 951 438
or Centro Comer., Av. 28 de Maio
(Marginal) - 8800 Tavira.
Tel: 281 370 277
Fax: 281 370 761.
belosantospedras@hotmail.com
www.estealgarve.com

KASAS
Algarve Property
Vilamoura
sales@algarveproperty.com
www.algarveproperty.com

www.the-news.net

FOR FULL DETAILS PLEASE SEE OUR MAIN ADVERT

LAFORET ESTATE
Real Estate
Edif. A Fabrica, Av Guanare,
Bloco G - Loja V, 8500-507,
Portimão
Tel: 282 457 640/1
Fax: 282 457 642
www.laforet/portimao.pt

LAND & HOUSES
Yellow Homes
Real Estate
Rua Dr. José Pires Padinha 178,
Tavira.
Tel: 281 320 281.
www.landandhousesalgarve.com

PALM PROPERTIES
Carvoeiro
Tel: 282 352 100
www.algarve-palm.com

REMAX
Carla Gomes
Tel: 961 518 152
www.acrossthealgarve.com

REMAX FLASH
Real Estate
Alcantarilha
Tel: 282 310 700
Fax: 282 310 709
Mobile: 968 484 298,
e-mail: flash@remax.pt

REMAX LAGOS
Real Estate
João Nunes
Rua Garrett 19, Lagos
Tel: 282 780 582
Mobile: 917 771 849
email joao.s.nunes@clix.pt

REMAX LAGOS
Real Estate
Lurdes Martins
Mobile: 967 449 203
email mgmartins@remax.pt

REMAX LAGOS
Real Estate
Anica de Kruijff
Rua Garrett 19, Lagos
Tel: 282 780 588
Mobile: 966 889 290
email akruijff@remax.pt

SILVER HOLIDAYS
Real Estate
Casa Italiana, loja 5,
Vilamoura
info@silverholidays.com
www.silverholidays.com

TO GO FOR HOMES
Algarve Propert Specialists
Alvor
Tel: 282 432 004
Mob: 917 472 273
www.togofor-homes.com

VENDAVILLA - VILAMOURA
Real Estate
Tel: 289 314 486
Fax: 289 315 578
email: vilagente@mail.telepac.pt
www.vendavilla.com

VIGIA ESTATES
Almádem
Tel: 282 690 073
sales@vigiasa.com
www.vigiaestates.com

VILLAS LUZ
Real Estate
Av. 25 de Abril, Edifício Miramar,
Loja B, Fuzeta.
Tel: 289 798 099
Fax: 289 798 101
office_villasluz@sapo.pt
www.villasluz.com

Property Management

GRUPO R D
Villa Management
Mobile: 969 044 759 or 968 590 926
Tel/Fax: 282 492 478
rdgroup@sapo.pt

IPC MANAGEMENT
Villa Management &
Pool Maintenance
Tel: 282 356 284/5
Fax: 282 356 280
ipc.mam@mail.telepac.pt

Property Services

ACTION COMPLETE PEEST CONTROL
Moncarapacho
Tel: 289 793 644
Mob: 968 484 383
actioncompletepestcontrol@iol.pt

CASADAS JANELAS
Windows, doors etc.
289 411 099.

DAVID ST FORD
Windows, doors etc
Tel/Fax 282 763 815
Tel: 282 697 730
mobile 968 287 146
davidstford@hotmail.com

GFS METALWORK
Gates, grills etc
Tel: 282 449 270
Mobile: 933 402 261, 933 555 387
www.gfs-metalworks.com
info@gfs-metalworks.com

GIANTS WINDOWS
Windows, doors, etc
Tel: 911 199 888.

KOCK FENCING
Fence your property
Tel: 282 338 694
Mobile: 938 515 589, 932 868 804
or 933 883 040
kockfencing@sapo.pt

KRAFTWORK KITCHENS
& bespoke furniture
Rua Direita 32 Porches
Tel/Fax 282 343 752
email: kraft-hfp@clix.pt

M2M BLINDS
Window blinds & Fly screens
Tel: 286 518 059
Mobile: 932 894 709
email: m2mblinds@hotmail.com

MESTRE CONSTRUTIVO
Construction
289 422 525
Mobile 938 669 215
Fax 289 422 268.
www.mestre-construtivo.com
info@mestre-construtivo.com

MOSQUITO BLINDS R US
Unique magnetised interior / exterior
window design
Tel: 914 545 019
mosquitoblindsrus@yahoo.com

OZ SHADE
Shade sails and structures
Tel: 282 968 322
Mobile 914 950 111
Email: info@oz-shade.com
www.oz-shade.com

PIECE BY PIECE LDA
Interior & exterior painting
Lagos
Tel: 914 315 580
piecebypiecealda@hotmail.co.uk

STONE CARE SERVICES
Natural Stone, refurbishment &
maintenance
Tel: 282 991 045
Mobile: 919 498 258
email timstmp@yahoo.co.uk

THE WORKSHOP
Carpentry, building & renovations
Tel: 289 396 909.
Mobile: 966 001 922

Removals

AIM
Removals & Storage
Tel: 282 799 141.
info@aim.com.pt

ALGARVEREMOVALS
Removals & Storage
Tel: 289 513 851 or
Tel UK: +44 (0) 1245 468 888
Fax UK: +44 (0) 1245 467 700
Mobile: 969 134 801
sales@algarveremovals.com
www.algarveremovals.com

NEW CONCEPT INTERNATIONAL
Removals & Storage
Tel: 289 395 105
Mobile: 968 031 955
(+44) 845 004 6827.

NEIL & EMILY RICHARDSON
Tavira
mobile: 939 486 870
Tel: 281 963 191
email: neilandem@sapo.pt

PPS TRANSPORTS
Deliveries & Vehicles
Tel: 0044 142 781 0694
UK mobile 077 919 0957
email steveporter03@msn.com or
steveporter06@aol.com
website www.ppstransport.com.

125 REMOVALS
Transport & storage
Sítio da Mesquita, Edifício 1,
Mexilhoeira Grande, Portimão
Tel: 282 968 900
Fax 282 969 704
Email: sales@125-removals.com

Restaurants

BISTRO DES Z'ARTES
International Menu
Rua Calvario, 69
Almancil
Tel: 289 395 114
Mob: 967 785 601

FAJA LOBI
International & Suriname Cuisine
Open: 5:00 - 10:00pm
Thurs, Fri. & Sat.
Urb. da Dourada, Lote 1,
Alvor
Tel: 282 414 133 / 918 838 484

FOOD PASSION
International cuisine
Rua Dr. António José do Almada
(above taxi rank) Alvor
Tel: 282 314 276
912 159 513
villa1337@yahoo.co.uk

MEU LIMÃO TAPAS & WINE BAR
Portuguese & International Tapas +
full menu
Open: Daily 10.00 - 2.00am
Rua Silva Lopes, 40/42
(In front of the Golden Chapel),
Lagos.
Tel: 282 767 946

NOPATIO
International Restaurant
Open: Thurs-Sat. from 18.30
Sunday from 13.00
Rua Langarote de Freitas, 46,
Lagos
Tel: 282 763 777
nopatio@aol.com

PASHMINA
Authentic Indian Food
Open 7 days
12.00 - 2.30pm & 6pm - 2am
Below church in Praia da Luz
Tel: 282 789 667
Mob: 960 453 376

SHANGHAI RESTAURANT
Delicious dishes from Shanghai,
China
Rua do Comércio, 94 R/C
Almancil
Tel: 289 397 642

THE CORNISH RANGE – O Sabor
da Cornualha
The taste of Cornwall in the Algarve
Rua Principal, 15, Burgau
Tel: Office 283 958 192
Shop 282 098 268
Mobile 933 831 358

Retail

ALGARVE BOOK CELLAR
Carvoeiro
Tel: 282 085 713
raymond.compton@netvisão.pt

BELLA SAPATOS
Shoes for kids & mums
Lagos
Tel: 282 761 155 or 968 288 258
bella8@sapo.pt

BLUE ROCK
Butcher
Rua dos Pescadores No 59,
Carvoeiro.
Tel: 282 496 051
Mobile 912 627 554.

COLLECTIONS
Ladies fashion
Quinta da Praia - Alvor
Tel: 282 476 574
email: greening@sapo.pt

CENTRO COMERCIAL PORTIMÃO
Continente + 60 shops + 6 Cinemas
+ 12 Restaurants
Portimão
Tel : 282 490 840
Fax: 282 490 850
administracao_ccp@SierraCentres.net

CHEESE & PICKLE
Cheese & fine food;
retail & wholesale
Tel: 939 536 347
www.cheeseandpickle.eu

COOL OASIS
Water treatment
Mobile 966 771 386

FACTORY OUTLET
Soft furnishings
Alvor
Tel: 282 457 510
Mobile: 968 237 310
website:
www.bedspreadsportugal.com

FI-LINE FASHIONS.
Fashions
Av do Rio, Ed. Almadraba,
Loja B, Armção de Pêra
282 312 936

FOOD FAYRE
Alisuper - Food store
Messines
Tel: 282 332 692
foodfayre@iol.pt

GARDEUR DIRECT
Clothing
Praia da Luz 282 788 630
www.gardeurdirect.com

MAGNACARTA
Book shop
Alvor.
Tel: 282 496 001
info@magnacartabookshop.com

PORTU PROMO
Embroidery
Carvoeiro
Mobile: 968 110 445 or 968 109 334.
Email: info@portupromo.com
www.portupromo.com

SHOES & CARDS 4U.
START-RITE stockist
Av. 5 de Outubro, Blc. 4, R/c Esq.
Almancil.
Tel: 289 358 014
Mobile 933 326 471

THE ENGLISH BUTCHER
Butcher
Almancil
Tel: 289 395 859 or 289 397 289
Mobile: 965 864 682

THE LANGLEY SPIT (HOG) ROAST MACHINE
Tel: 912 507 752
thelangley@hotmail.com

THOMAS GREEN
British Supermarket
Lagos
Tel: 282 799 023
email: lagos@thomasgreen.pt

THOMAS GREEN
British Supermarket
Olhos de Água, Albufeira
Tel: 289 541 119
email: albufeira@thomasgreen.pt
www.thomasgreen.pt

ZONDA THE BBQ SHOP
EN125, close to the old Quatro
Estradas junction
289 356 233.
www.zonda-thebbqshop.com

FOR FULL DETAILS PLEASE SEE OUR MAIN ADVERT

Sports & Activities

TIFFANYS HORSE RIDING
Riding, lessons, training, livery etc.
Almádem - Lagos
Tel: 282 697 395
www.teamtiffanys.com

VALE DE MILHO GOLF
Carvoeiro
Tel: 282 358 502
email:
valedemilhogolf@mail.telepac.pt
www.valedemilhogolf.com

Satellite systems

DIGISAT-MAS
Satellite and television
Mobile 916 131 606.

DIGITAL SATELLITE
Satellite systems
Albufeira
Tel: 289 542 534
Loja B, Armção de Pêra
Fax 289 543 226
Email digsat@hotmail.com

SOS DIGITAL
satellite TV systems
Tel: 916 378 722
www.soskydigital.com
soskydigital@msn.com

SKYNET
Satellite systems
Tel: 964 890 260
e-mail skynet@live.com.pt

SKYREALM
Satellite systems
Tel: 918 887 775.
email: skyrealm@hotmail.co.uk

Technology & Communications

DIRECTORY ENQUIRIES IN ENGLISH
National & International
Tel: 760 50 60 70

PERSONALLY TAILORED COMPUTERS
Created for your needs -
Everything in English
Tel: 707 500 600
www.worldtelecom.pt
sales@worldtelecom.pt

WORLD TELECOM
Easier Communications
Everything in English
Tel: 707 500 600
worldtelecom.pt

CONTO DESCONTO INFORMATICA
Repairs, upgrades & support.
Tel: 282 312 044
www.contodesconto.com

Misc

ALGARLINEA
Architect
Urb. Parque do Moinho, Lagos
Tel: 282 782 628
Mob: 917 621 313
algarlinea@lagos-net.com

BUGBUSTER
Pest control & artificial grass
Mobile 967 516 981
www.artigrass.eu

New Business?



The Portugal News
has a **Launch Package**
to get you started
For info, please email bella@the-news.net

McCanns confident of being cleared



Gerry and Kate McCann, the parents of missing toddler Madeleine, who disappeared from their Praia da Luz holiday apartment last year on May 3rd are optimistic that a fresh round of questioning by Portuguese police will lead to their status as official suspects or *arguidos* being dropped.

It is almost one year since Madeleine McCann went missing from Praia da Luz, followed by an intense world-wide media campaign to find the four-year old.

This week, Kate and Gerry McCann are now hoping that new questioning set to take place in the UK by police will clear them of all charges, spokesman Clarence Mitchell said earlier in the week in comments to Portugal's Lusa News Agency.

But Kate and Gerry are "hope-

ful" new questions, set to take place next week in Britain, "will finally eliminate them" as suspects.

Portuguese PJ detectives will be re-interviewing the McCanns friends, the so-called Tapas 7, who were holidaying at the time with the couple at the Ocean Club resort, in Praia da Luz.

British police from the county of Leicestershire will be assisting Portuguese detectives, reportedly at their request, with the questioning.

Madeleine McCann's parents are said to be "receptive" to this next phase, going as far as saying "they wish it had happened some time ago".

Clarence Mitchell explained that Kate and Gerry are in favour of this new round of questioning, even saying: Kate and Gerry thank police for it".

As to what might be said during questioning, they added, "they will simply say what they said in May and June last year - in their original statements".



Kate McCann being taken into the PJ for questioning on September 6th. She was questioned separately from her husband. (Photo: The Portugal News)

Winemakers merge to ensure survival of Algarve wine



Lagos' vineyard has been sold, and Lagoa's is waiting for a buyer, but the Ministry of Agriculture apparently still has faith in the Algarve's ability to produce top range wines and has therefore conceded a plot of land on which two of the region's most prominent producers will come together to maintain regional wine production and start a new brand.

Lagos and Lagoa's wine cooperatives are to merge in an attempt to ensure the survival of Algarvean wine, encouraged by the Ministry of Agriculture, which has conceded a nine-hec-

tare plot of land in Lagoa on which the new facilities will be constructed.

Despite the project not yet being elaborated, it is hoped that construction on the new winery will

commence some time this year.

It has been estimated that at least five million euros are needed to be invested in the project.

Last year, between the Lagos and Lagoa cooperatives, around

three million litres of wine were produced.

However, production difficulties left the two companies with an amassed debt of around 3.6 million euros.

To avoid its closure, the municipal 'Terras do Infante' association, which comprises entities from Lagos, Aljezur and Vila do Bispo, bought out the Lagos *adega*, paying off its 1.6 million euro debt and thus ensuring the land remained for that purpose.

Lagoa's existing wine plant is currently on sale for eight million euros.

Now regional agricultural entities are looking to the new venture with the hope of creating a regional Algarvean brand of wine to compete with the country's finest.

Castelão Rodrigues, head of the Regional Algarve Agriculture Association believes the region has all the necessary conditions to "break into the market with a quality image and a quality product". However, the head of Lagos' winery has said that, whilst the fusion has been encouraged, "it does not make sense to compete within the same space". At present the two wineries are 18 kilometers apart.

He also revealed that the company has sourced two oenologists to help launch three regionally produced wines, which are currently being promoted in London and Brussels and should be available on the mass market this month.

One is a liqueur-like wine named 'Terras do Infante'.

On the other side of town, José Pina, owner of the Lagoa winery, has said the merge was suggested as a means of "survival", and that negotiations have been on-going for more than a year and half.

Prominent Algarvean wines were somewhat over-shadowed in the 1970's when Alentejo wines flooded the market.

Portugal's Fernandes settles for silver in bids for Triathlon history

Vanessa Fernandes' bid for history was again derailed by her fiercest rival, three-time world champion Emma Snowsill, who, on Sunday, won the BG Triathlon World Cup season opener in Mooloolaba, Australia.

In the first head-to-head battle of 2008 Fernandes settled for silver, approximately 39 seconds behind the winner Snowsill. Last year's under-23 world champion Lisa Norden of Sweden had an incredible run to take the bronze, becoming the first Swede to ever podium at a world cup in ITU history.

Snowsill and Fernandes were in the lead pack throughout the swim and bike, and ran side by side for the first five kilometres. Snowsill made her move on the third lap when she cranked up the pace up the hill.

Fernandes didn't respond

and let Snowsill get away to take her seventh career world cup title and second straight in Mooloolaba.

"Last year I was third and this year I was second. So that is better," said Fernandes. "I tried to go first at the beginning but Emma [Snowsill] was very strong and was faster than me. I was feeling really good the first two laps and then I think I broke a little bit and she ran away."

Bruno Pais was the top Portuguese athlete in the men's elite field, finishing in 15th place. Spaniard Javier Gomez avenged last year's loss to his Australian rival Brad Kahlefeldt. Gomez overcame a surprisingly poor start to take the world cup season opener over Kahlefeldt. The 2006 world champion Tim Don made it back to the world cup podium, edging out Kiwi Bevan Docherty for the bronze.

URBANLEGAL

Planeamento, Gestão e Estratégia
Urbanística Lda

INDEPENDENT GROUP OF SENIOR CONSULTANTS

Specialising in:

URBAN • ADMINISTRATIVE • ENVIRONMENTAL
PROPERTY • ECONOMY • TAXATION • EVALUATION

CONSULTANCY

URBAN AND REGIONAL PLANNING
LEGAL ADVICE AND ASSESSMENT SERVICES
PROFESSIONAL TRAINING

PROJECT MANAGEMENT and COORDINATION of
PROPERTY and TOURIST INVESTMENTS

consulting service / assessments provided to:

councils • independent professional • builders
developers • town planners • investors

Av. Defensores de Chaves 31-6º Dtº, 1000-111 LISBOA
Tel. +351 21 3144115 Fax. +351 21 3144096

R. Francisco Teixeira, Edifício Luster, Loja AAO, Praia da Luz, 8500-165 LAGOS
Tel. +351 282 799 670/1/2 Fax. +351 282 799 624

Email: victor-castro@mail.telepac.pt

Free additional driver on all bookings made before 28/02/08

£99

P/Week - All Inc - Limited Offer

1car1
UK Car Rental

All UK Airports
+ 75 Other Locations

■ FREE DELIVERY ■ LATEST MODELS
■ FULLY INCLUSIVE DRIVE-A-WAY PRICES

+44 113 387 5865
www.1car1.com/expat
expatdeals@1car1.com

Astra £133 p/week
Vectra £175 p/week

UK Car HIRE